The Meaning of Life at Erwin Yaloum Point of View

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ABSTRACT

The purpose of this article is to express the views of Erwin D. Yaloum (yaloum, Irvin D) on the meaning of life. Yaloum meaning of life is in the face of existential psychotherapy approach chooses the kind of dynamic psychotherapy or dynamic oriented. And assume the person's conflicting forces. The resulting conflict confrontation with the ultimate concerns ascertained as emptiness, death and the inevitability of human existence in the world of creation. Erwin Yaloum focus on meaningful life with the border and connects that are rooted in human existence.

INTRODUCTION

The meaning of life is the most important considerations is the most philosophical, religious and psychological which can be viewed from different perspectives. Important and widespread effects on the cognitive and ontological domains cannot be ignored. The meaning of life in the last two and a half centuries for a wide variety of people in the western world has become a problem of Philosophers and Theologians, psychologists and scholars of education in the country according to their approach. In this regard, Erwin - D - Yaloum American psychologist existential psychotherapy approach chooses a dynamic approach that focuses on the concerns that are rooted in human existence. Dynamic model assumes the conflicting forces and puts a thought, feeling and behavior which are consistent and patient as a result of these conflicting forces. These forces are at different levels of consciousness. In fact, some are completely unconscious. So psyche of each individual dynamic Force, the unconscious and conscious motives and fears that are engaged inside the action. Existential approach to the conflict, but conflict with except of suppressed the resulting confrontation with the ultimate concerns ascertained as emptiness, death, freedom and solitude that the inevitability of human existence in the world. According to Yaloum if our world and our routines to set aside definitely are a Muslim and concerns we face the ultimate experience of sudden and often lead to this kind of thinking. The position of the (border) or (Border) experiences such as dealing with his death, a major irreversible decision and unchangeable, or collapse of what life has to offer is the fundamental means. Yaloum view of meaningful life connects with the border and the ultimate concerns of states that are rooted in human existence. Yaloum know the problems of meaning in the real issue, which seems to conflict with each other makes. First, it seems one needs means and no tendency to sense the mood swings, anxiety. Much suffering and ultimately emptiness occurs. The second issue that has yet to face the existential concept of freedom is based on the premise that the only absolute truth is that there are no absolutes. And the existential situation of the world considers random the fundamental problem is how a person find meaning in the meaningless world. Yaloum know approach emptiness to dealing with as the indirect method where the therapist must help patients keep their distance from the query and instead of plunging into emptiness select problem solution obligation.

2. Emptiness and the meaning of life:

Erwin Yaloum know certain matters or concerns you is the ultimate frivolity He plans to discuss the following questions about the meaning of life's absurdity. “If we must die, if we must build our world, If each of us absolutely alone after living in a world indifferent to what does it mean? Why and how should we live? [7].

Keywords: the meaning of life, the need for meaning, emptiness, the ultimate concern, commitment.

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Yaloum involve with the problems of meaning and the real issue, which seems to conflict with each other. "It seems that one needs to say. If a life without meaning, purpose, value or because much suffering is caused and people who are facing death can optionally specify a target better life And their life is full of passion. It is clear that we need a strong ideals and absolute goals that is desirable in our depth of heart that we conduct our lives to help. However, with the second face of existential freedom rests on the assumption that the only absolute truth is that there are no absolutes. It is said the world that everything is random existential situation could be different. This means that humans are themselves, their world and their position in the sense that they are not at work. Not a huge world map, No policy except that no person raises. The fundamental problem is how to and how not mean someone will find it in a meaningless world "(ibid., P. 586).The fact that we've thrown in a world devoid of meaning comes from the thrill of being in the school of existentialism. Medieval philosophers is based on the possibility and necessity.

The system is simple as possible and necessary that everything in the world has not been given to requiring that the area and so I need not to be. Such a world at peace, and her cause. This understanding of the demands that anything not subject to failure unless cause is essential that he be euthanized. Since, at the head of a self-existent is pleasures. The ruler of this world is a world of uncertainty and the need to ensure that On the other hand, if the possibility and necessity, the power of persuasion and logic does not satisfy. In that case, the string is released so that every moment of life as if it is the last moment and longer durability are not a guarantee of survival.

It may be called being intense apprehension as not being. Two important questions remain unanswered by the rejection of the possibility and necessity and adds to the apprehension of the world, second, instead of being in this way isn't. If this does not answer the question that the existentialists such as Nietzsche, Sartre and Heidegger does not respond. the world is absurd and terrifying existence of human life and the world falls. Yaloum elaborate on the measures necessary to reduce anxiety and apprehension of being, relaxation and avoiding meaningless stresses.

"It seems humans are creatures in search of meaning, with the bad luck to have been thrown into the world empty of meaning One of the most important obligations is to support a strong sense of innovation for life and skillful handling strategy to deny the fact that we've created our own means so in that sense, we note that somewhere is waiting for us. Constant search for the meaning some of us hard to get a sense of crisis "(homo, 2013, the sixth edition, p. 166).

Erwin Yaloum in mom story and the meaning of life in this regard writes: "The meaning of life? The meaning of my life. All books were full Mom was in danger of falling off the table every time a claim is filled with answers to these questions. Written (in search of meaning we are creatures who have trouble getting thrown into a world that is essentially meaningless, to cope. I then explained that to avoid nihilism, we must assume a double task: First, we devised a plan so great for the meaning of life is a life support. Next, think about the act of imprudence forget Abdomen And convince her that we did not invent the meaning of life, but we've found it, in other words, the meaning of our own existence "(homo, 1389, p. 21).

3. Necessity of means:

Yaloum with referring to the meaning and necessity of it and pointing to the enormous number of people who are seeking treatment Because of concerns for the purpose and meaning of life reminds " concerns itself takes many forms (I feel the emptiness), (no consistency in my life), (even at the age of fifty years old when I still do not know what to do) "(homo, 2012, the sixth edition, p. 166).Erwin Yaloum have studied the important question of the meaning of life from the perspective of a number of scholars. "Albert Camo is known of the most serious examples of people who question the philosophical question of the meaning of life, said: Tolstoy also is among men who have experienced a crisis of meaning and the interrupt been tortured life (suicidal thinking was thrown into question in my fifties, what is the result of all my life? Why should I live if any meaning in life that isn't awaits cheaply from inevitable death "(homo, 2011, third edition, p. 586).Yaloum states necessity of meaning in novel of treatment Schopenhauer therapist named Julius who is the other aspect of the character states:"I cannot be the whole of the patient's thoughts as I remember, but I'd have to keep a sense grasped it firmly in the land of the dried up wasted immediately. When your life is over, I realized that I have experienced, I understand the meaning. It requires experience and help others to get out of my life and realize their own "(homo, 2012, second edition, p. 374).Yaloum also in the novel (When Nietzsche Wept) to debate the issue of Nietzsche and Brewer's purpose and meaning. "Brewer wrote to Nietzsche: (So I can assume that despite the longer term, it is your mission to save humanity from nihilism and deception) Nietzsche shook his head as confirmation. Brewer (save me.I do this experiment I am an ideal test subject.

I've killed God, I do not believe in the paranormal, drowning in Nihilism I do not know how I live and how I should live) "(homo, 2011, the twelfth edition, p. 215).Despite the importance and necessity of meaning, Yaloum After reviewing historical reminder of the meaning of life. Throughout the history of the written answer to the riddle of the meaning of life for any one of the great thinkers have crossed."It's not surprising that within
these pages is not a single solution to deal, not quite convincing combination of a proposed solution.(Homo, 2011, third edition, p. 585).

4. Approaches and theories of the meaning:
Erwin Yaloum is discussed with taking synonymous with the meaning and purpose of life approaches to the meaning of life. Meaning and purpose with two different concepts. Meaning to the concept or conceptual coherence is said and what is the general term used to describe what is considered used but (goal) goal refers to the function. When I ask about the purpose of the role or function of the common questions we are the (objective) and the meaning of life, rather than go to work and I've known on the basis of the two synonymous "(ibid., P. 586). Yaloum two different approaches to dealing with the problem of meaning and the meaning of life is. Cosmic sense and meaning of the world. "In the cosmic sense, the meaning of life comes from the outside and top of the map is unquestionably refers to the order in magical or spiritual world. This means that a universal sense of personal meaning regardless of the cosmic meaning and the purpose or purposes for which the premier puts his mind "(ibid., P. 587).

1.4. Cosmic meaning:
From Yaloum point of view majority of fans and followers of cosmic meaning are different are religious oriented.
"Dominant group is the Jewish religious tradition - Christianity in the West is based on the principle that the world and the meaning of human life ordained is provided by God as part of the project. Divine justice is the logical consequence of this assumption is that if the reward will be living the good life. The meaning of life in the God given And the duty of every man to the divine will comply and fulfill Consider the meaning of the biblical God and the good life can be established based on the interpretation of the scriptures hair to hair "(ibid., P. 587).

2.4. Critique of cosmic meaning:
Yaloum said in cosmic order human believes that each has pre determined role, in this model, each person plays a certain role, Are super quiet. Not only is the purpose and role of each person is given but also provides a set of guidelines on how to live a scientific attitude and views of Kant, however, criticized and questioned the meaning of the universe. "Cosmic religious views, close to three hundred years ago, much of the West's belief system constituted the views from both sides were relentless onslaught emerging scientific attitude and Kant attempts to undermine the acceptance of the reality of being fixed. The existence of the supernatural and human Learn more abstract question was whether the absolute acceptance of the cosmic meaning for man's more '(the same, p 591).

3.4. This means of global thinkers perspective:
Despite the weakening of the sense of space in the West, or loam to point out that no alternative can not overlook the semantic system. 'Perhaps we can answer the question of why we live to ignore but to postpone the question of how we should live is not easy. Escape religious people today are faced with the task of finding direction in life without the leader and have the outer tips. How can one make sense of their meaning, so strong and powerful that it has the backing of his life be "(Ibid, p. 591). In this sense, every man according to certain conditions, cultural, social, historical, and economic might define different meaning for your life And no universal criterion by which to judge out there among the targets So answer the question of the meaning of life with Western thinkers have been different. On the one hand, as Schopenhauer scholars have seen the absurdity of life. On the other hand, people like Camus, Nietzsche, and Sartre. . . Are seeking to forge a sense of their world.

5. Believe to the creation meaning with need to explore of meaning:
Yaloum believe that the question of the meaning of life is associated with drawbacks whenever the question (What is the meaning of life?), the analysis is the question we are often largely undeveloped and polluted. "In the first instance this question in this current assumption creates that means out there and how can it be when every one of us to make it for themselves "(Ibid., P. 638). Yaloum justified the forms and answer the question why the need to create and explore meaning with the sense that the But says we need to achieve an integrated model and thus relax and reduce stress to elaborate measures to deny the fact that we've created our own means And then to the conclusion that the meaning is and where to expect and we must discover it "It is clear that we need meaning hard and very upset at the loss runs, the goal is And in all of life, but when one's precious life to remember your goal is to create, does not relieve his discomfort. It is much more relaxing which means that we have and where we've discovered. That healing anxiety. There is no structure to the anxiety of dealing with life and destined to ease the world "(ibid., Pp. 639 and 640).
6. Sputum ultimate meaning of life and other concerns:
Yaloum sputum ultimate meaning of life and other concerns, such as death, loneliness and freedom to question the meaning of life is another factor in the contamination of and said mean things other than it have joined it and have it mixed and confused. He believes that when other concerns are reviewed and set aside, the initial crisis means dissolved less lethal and more easily. In association with death and the meaning of life, Tolstoy asked (the meaning of my life is that inevitably awaits death, is destroyed?). Yaloum writes: "The question is not about the meaning of concerns beyond the sense and raises the issue of stability and damping:

Do not leave anything to stay on their own, without a trace of his disappearance Do we live our lives as if this is what value can be "(ibid., P. 642). Since the death of view Yaloum further ads to the sense of meaning and death are not executed and if you still have questions about the meaning we live together forever there is certainly end which leads to the need for a series of external justification "(ibid., P. 643). Note that only death anxiety is Yaloum which often represent the absurdity of his garment believes the anxiety caused by the consciousness of freedom and loneliness is often confused with anxiety, emptiness. "You are the embodiment of a great part of the preset that it plays a role, Absolute fear of the man to be alone with someone or something pushes replication, Or a member of a large group of his devotion to the ideals and practices of denying itself "(ibid., P. 644). The result is that the belief in eternal life Yaloum accordance with nature-oriented meta-perspective First death anxiety, freedom, loneliness and emptiness we ran second, makes sure the other concerns the ultimate stress (death, freedom and loneliness), frivolity to be confused with anxiety.

7. The influence of culture on the meaning of life:
Erwin Yaloum cultural errors another problem is dealing with the meaning of life and that the understanding and perception of the meaning of life, regardless of errors is very difficult nature of each particular culture. He sees the error of its cultural meaning in some effort, work, creativity, progress and prosperity and to target their searches, this view is common in the culture of the sixteenth century, while the older cultures live with serenity, relaxation; meditation and worship are considered significant. "The cultural differences can be seen between the way of life in Eastern and Western attitudes. Routers located between the Wests and for understanding the nature of his endeavors to dissection and then it will overcome and exploitation. Eastern-oriented mind whether one is unity and strives to explore and harness nature, his experience, and coordinate with it. The ongoing conflict between style and fashion coordinator search and unity oriented and often in terms of (a) to (growth) comes to expression "(ibid., P. 647).

Yaloum a rule that you must have to survive for the purpose writes "The belief that life is incomplete without achieving the goal, so that made the myth of the West and its culture, existential reality is not so tragic. In the East, it is not that one (goal) in the life Or is the problem that must be solved, but a mystery of life is to live it. Life happens, and we've actually been thrown into it. Because life is not "(ibid., P. 649).

8 Activities of the global mean:
There are mundane activities that irreligious such as Sartre and Camus who believe to forge a sense that the goal of human life, and its recommendations are convinced that purpose. Yaloum acknowledges that God is also believed to have committed many of these activities. Stating that the beliefs in God in this one agree: It is desirable that the right person is immersed in the flow of life. In this regard, the activities that the purpose of human life is concerned. "Experiential workshops to help some ways, people are encouraged to talk about the meaning of life. This is perhaps the most common method Participants who wish to ask what is written on his grave stone. Most of the questions about the meaning of life to discuss the goals, such as altruism, hedonism, sacrifice for the one purpose of his passing, creativity and self-actualization ends.

Many feel if they pass themselves off as something of his love for a purpose, a person or God guided deeper and stronger to take care of meanings "(homo, 1392, the sixth edition, p. 167).

9. Dilemma at the Galaxy's life:
Erwin Yaloum knows fundamental problem of meaning from view of the galaxy as eye of ethereal. Sometimes we put ourselves outside of life flow and make to far viewer and everything lost its meaning from this point of view everything around us are banal creatures to come and we become one of the myriad forms of life. Life activities are vain. Precious and glorious moments that have experienced, the extension of time will be lost. We feel that we are very fine particles, All of life is not in vain, and nothing but the flip of a cosmic time "(homo, 2011, third edition, p. 66). Galactic perspective often creates a dilemma for those who mean the world to know the meaning of life And cosmic meaning (meta-oriented nature) that map out the best of the person who ordered the spiritual aspect of the world that do not believe. Yaloum pointed out that tradition is rooted in the philosophical pessimism of Schopenhauer's view of the universe is the leader of this tradition. "Schopenhauer viewed from the perspective of galaxies in the universe and it was concluded that makes no sense to achieve the goal try that in a moment of happiness is unattainable goals are. Because it said that the ghost of the future or the past are destroyed "(ibid., P. 661). According to the views of Shopnhover, Yaloum result that nothing is
important and why life is worth living. But many logical contradictions in this speech is one thing, if nothing is important not so important things do not matter. And that they downplay their life for many things they care about. "The Schopenhauer to the conclusion that nothing is worth the effort is much cares. It was important for him to convince others that nothing is important. It is important that the opposition comes with the Hegelian thought. Active and continue to the end and finally writing rather than suicide, the philosophy "(ibid., P. 662).

Erwin Yaloum in response to the question of what should be done to counteract the effects of toxic galactic perspective writes: "The more we experience moments of life. Important because of the need to say something important to do. Only look at the landscape as a whole galaxy of all activities connected with each other and they are meaningless but do not forget that aspect of our life in the galaxy only takes a few moments "(ibid., P. 663).

10. Commitment antidote meaninglessness of life:

The first step to dealing with the frivolity of Yaloum is analysis and treatment of the question of the meaning of life. "Many things have taken shelter under the umbrella of emptiness belong somewhere else or have made the culture or part of other ultimate concerns (ie, death, freedom and loneliness) and should be treated accordingly." (ibid, p. 666). He believes that this solution is belonging to great thinkers like Tolstoy, Camus, Nietzsche, Hume, and Sartre. . Is. "Commitment is a response to the absurd, regardless of the origin of the absurdity of what is Sincere and thorough commitment to each offering a myriad of activities and involvement with their lives, not only from the viewpoint of removing the poison galaxy. But also adds the ability to create consistency in the pattern of life. Find a home, according to the people, ideas and programs, bounce, create, build, all the various forms of commitment, have a double reward: the intrinsic value and the boredom of being exposed to bad data and being cruel to reduce " (ibid., P. 665). Yaloum noted the paradox of hedonism that the more we seek to enjoy more of us escapes And recalling view Frankel says the product means pleasure and fun to search for the meaning of (indirect path) writes: 'I believe that the search for meaning is equally contradictory.

Search more with Logic, the less we find it, ask the person who makes sense is always the answer longer. That should be fun as well as indirect route search "(ibid., P. 665). Yaloum approach to dealing with the ultimate absurdity, unlike other concerns (death, freedom and loneliness) that should be directly involved with them. Indirect method is where the therapist must help patients keep their distance from Q Instead of plunging into emptiness problem solution choose their commitment. "Contrary to the way that I am appointing in relation to other concerns are existential, I've found that life is meant to be an indirect approach is what we need to do it is immersed in all things we may live, especially issues related thankfully. It is worthwhile to begin engaged and the best thing we can do for our health. Identifying and removing obstacles to the start of them. The question of the meaning of life, as the Buddha taught, not perfection. Should be immersed in the river of life and allow the question to follow your way "(homo, 1392, the sixth edition, p. 168).

Conclusion:

With reviewing of Erwin Yaloum point of view we know, despite the fact that he is the existential situation of the world. Thrown in a world devoid of meaning and thrill of being in school and forge meaningful existentialist believes but faced with the frivolity approach is active and committed. Yaloum the meaning of life can not be reached through logic and reasoning it must be committed in all matters of life, particularly issues related to the sacrifice was immersed. Yaloum feeling of meaningfulness in life do not undertake product recommend to everyone instead of plunging into emptiness problem solution choose obligation.

REFERENCES