

Life – WHY?

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At some level all humans are seeking an answer to the question:
What is the meaning of life? Why do we exist?

Some of us:

- 1) Are growing into adulthood to the point of recognizing the question,
- 2) Are struggling just to stay alive to satisfy basic needs – continued existence itself is paramount,
- 3) Seek to meet culturally assigned social needs, demands or goals as the way to identify and achieve an answer – existentialism,
- 4) Probe the nature of external/objective reality – material and energetic domains – to find an answer – physical science,
- 5) Probe the nature of internal/subjective reality – mental states and consciousness to find an answer – psychology, spirituality and philosophy,
- 6) Explore the issue through participation in the creative process – expressive culture [graphic, plastic, narrative, musical, dramatic, etc. arts] and ritual,
- 7) Develop or accept belief systems that assert unknowable entities – gods – together with their human representatives provide the answer – religion,
- 8) Accept there is no answer because the WHY question always escapes the answer offered at any scale of consideration – moving to the next greater scale of the unknown [solar system, galaxy, universe, multiverse, etc.],
- 9) Are perplexed by the very human capability to ask the WHY question for which there seems to be no sufficient answer,
- 10) Try to ignore the question by just “doing” all the time – mostly in behalf of meeting the requirements of 2 and/or 3,
- 11) Become distraught in old age by the increased time available for meaning of life reflection, the loss of “doing” capabilities to remain occupied, and the awareness that the end of physical life is rapidly approaching.

We humans typically shift among these options adopting one or more of them depending on our interests, circumstances, experiences and where we are in the life cycle. There are many different answers, many different responses to the realization that there is no adequate answer, and many different ways to try to avoid addressing the question itself. We humans are masters of denial, belief, avoidance, and rationalization. We use them all singly and in combination – still without any convincing result. “Why do we exist” is the paramount question that lingers in the background for every individual, society and culture, and every answer has its limitations/weaknesses. Quite possibly it is the question for which there is no sufficient answer because the question itself is absolute without there being any absolute and definable context.