

The Phenomenological Formula of Steingart (FFS)

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Private View

HAPPINESS FROM ... = LOVE TO ... = THE MEANING OF LIFE IN ...

General form

HAPPINESS FROM LIFE = LOVE TO LIFE = THE MEANING OF LIFE IN LIFE

Explanations (meaning of life in ...) Part

1

The meaning of life from the point of view of the two greatest philosophers of the 20th century, the Nobel Prize laureates - J.P. Sartre (atheistic existentialism) and B. Russell (logical atomism) is in life itself (inclusion in life, immersion in life, union with the flow of life).

The last major analytical philosopher L. Wittgenstein believes that the question of the meaning of life is linguistically incorrect, and it is correct to speak about the meaning of life in something: in children, in achievements, in acquisitions, etc.

Explanations (meaning of life in ...) Part 2

Therefore, the third component of the formula is written as follows "the meaning of life in ..."

For example:

- the meaning of life in work;
- the meaning of life in the family;
- the meaning of life in creativity;
- the meaning of life in ...

***The meaning of
life in life***

Explanations (love to ...)

Part 1

Love is a very broad concept that covers not only the relationship between people.

Love has many different objects to which it can be directed.

The famous philosopher A. A. Ivin singled out nine circles of love:

- 1 circle - love of oneself;
- 2 circle - love of neighbor;
- 3 circle - love of man;
- 4 circle - love of God;
- 5 circle - love of nature;
- 6 circle is the love of truth;
- 7th circle - love of freedom;
- 8th circle - love of the game;
- 9th circle - love of food.

Explanations (love to ...)

Part 2

Teacher I.A. Suyazova lists twelve of her species:

1. love of parents;
2. love for children;
3. love for a man;
4. love for a woman;
5. love of peace;
6. love of the profession;
7. love for oneself;
8. love of people;
9. love of a small homeland;
10. love of the motherland;
11. love of money;
12. love of a career.

Explanations (love to ...)

Part 3

Therefore, the second component of the formula is written as follows: "love to ..."

For example:

- love of work;
- love of the family;
- love of creativity;
- love to ...

} ***Love to life***

Explanations (happiness from ...)

Part 1

The Russian National Philosophical Encyclopedia defines happiness as any degree of well-being from mere satisfaction and absence of misfortune to the strongest experience of joy or delight.

Satisfaction, joy, delight are reactions from something: satisfaction from the evaluation, joy from the apartment, delight from the dog, etc.

Explanations (happiness from ...)

Part 2

Therefore, the first component of the formula is written as follows: "happiness from ..."

For example:

- happiness from work;
- happiness from the family;
- happiness from creativity;
- happiness from ...

Happiness from life

Equating components

1. The great ancient Greek philosopher Aristotle believed that: "Happiness is the meaning and purpose of life, the only goal of human existence."

Thus happiness is the meaning of life;

2. Outstanding German sociologist and philosopher E. Fromm writes: "Love is the only reasonable and satisfactory answer to the question of the meaning of human existence."

Thus, love = the meaning of life;

3. The most authoritative spiritual leader and thinker of modern times, Dalai Lama XIV, in his speeches, stresses that: "Love is a genuine desire for happiness for someone"

Thus, love = happiness;

According to the symmetry and transitivity property, we obtain

Happiness = love = the meaning of life;

The result

- Private view of FFS:

HAPPINESS FROM ... = LOVE TO ... = THE MEANING OF LIFE IN ...

- General view of FFS:

HAPPINESS FROM LIFE = LOVE TO LIFE = THE MEANING OF LIFE IN LIFE

Conclusion

I hope that the phenomenological formula will help you to find true love, happiness and the meaning of life!

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Sources

- *J. P. Sartre - The Flies (play);*
- *L. Wittgenstein - Logico-philosophical treatise;*
- *A.A .Ivin - Philosophy of Love, T.1 (article of the diverse world of love);*
- *I.A. Suyazova - Direction 3: love (methodical manual);*
- *S. Steingart - Happiness (presentation);*
- *S. Steingart - The Lucky Life (presentation);*
- *S. Steingart - Mastery of Love (presentation);*
- *[Http://terme.ru/termin/schaste.html](http://terme.ru/termin/schaste.html).*

Thank you for attention!