



CHAPTER 26 | Self-Actualisation

Wikipedia defines the concept of meaning of life as follows: *'A meaning full life is a construct having to do with the purpose, significance, fulfillment, and satisfaction of life.'* In Abraham Maslov's Hierarchy of needs, meaning is found at the top of the pyramid and refers to the need to come to self-actualisation, in the sense of *'achieving one's full potential, including creative activities'*. At the basis of Maslov's pyramid are the following needs: the primary basic needs (food, water, warmth, rest), the need for safety needs (the need for physical security and safety), the psychological needs (belonging, togetherness, love) and recognition (self-image, reputation, self-esteem). Self-actualisation has to do with questions such as: What is my purpose on earth? What are my values? What makes my life worthwhile? What is my passion? The question of meaning is the factor that connects, animates and gives meaning to everything that lies beneath. It gives clarity about what distinguishes you from everyone else. What your unique qualities are. It is not without reason that every human being, compared to others, is endowed with special physical and spiritual capacities and qualities. Of course every human being is equal. No one is worth more or less than another. Nevertheless, the principle of natural variation also applies to humans. It ensures that there is a place for everyone on this planet. Diversity of people, creates diversity in supply and demand to the same extent. This diversity guarantees the continuity of the economy and society and our prosperity based on it. It is the diversity of our skills and talents that drives market productivity. The economic law of comparative advantage, as mentioned before in this book, is based on this principle. This law says that the person who is less good at all things than all other people can still specialize in what he is relatively best at. The market does not only have need for different kinds of talent, but also to different degrees. In a total free market, anyone who can produce something of value and can therefore find a spot. It is only on the basis of political morality (principle of solidarity) that we live in a society in which groups of people are standing on the sidelines and are made dependent on the collective. This dependency is artificial, unnatural and can be changed. The history of mankind shows that everyone can perform productive work on the basis of their specific capacities and qualities. The welfare state as it has been developed over the past decades did not previously exist. In the past, you had to work to make a living. Charity was only available for those temporary in need of help or relief. Some no longer seem to want to accept this reality. However, this axiom still applies in our modern society. There is no situation on earth where a human being can exist without performing any kind of productive labour. You have to get out of bed at some point and start doing something. Nor is there by nature a dichotomy in mankind, namely between those who are born with on their foreheads written: 'I make myself dependent on others' and those on whose foreheads it says: 'I must sacrifice myself for others'. If you want to be able to answer the questions related to meaning of life, you cannot avoid making the process inward. With the mind alone you cannot answer these questions in a truly pure



way. These answers will be one-sided and contrived. If you do not open up your heart and your intuition, you will have difficulty achieving meaningfulness in your life.