

The secret of a meaningful life lies only in these 7 words

7 words that are gratitude, courage, knowledge, faith, curiosity, generosity, hope and love will be from lighting for all.

New York Times bestselling author TA Barron has spent decades creating the magical image of the Merlin sorcerer and sharing his wisdom with children and teenagers through the series. 12 Merlin Saga books are loved by the public. Now, he relies on his famous (and revered) character to answer a question that anyone who is experiencing a major change in life, to some extent, wants to ask .

In a video on YouTube, Barron said that *"I have written so many books about Merlin that sometimes, I feel like I have actually met that great sorcerer - and who knows, maybe I have If I meet Merlin in your transparent cave, I will ask you one question: What is the meaning of life? And if life is meaningful, how can I find it? "*

This small "homework" inspired a famous speech at Oxford University in 2013 and then it prompted him to release a new book titled **The Wisdom of Merlin: 7 Magical Words for a Meaningful Life** (Temporarily translated: The wisdom of Merlin: 7 magic words for a meaningful life). In the work, Barron explains how each person can find and follow his own path in Merlin's verbal life. He revealed how the magic always surrounds and lives in every human being - we just need to be willing to find them.

Based on excerpts from Barron's book, here are seven magic words that hold the key of a meaningful life - and one more word that promotes the other seven words we need to know.

1. Grateful

Real life is to be grateful - each of our breaths, every song we sing, every one we love, every day we discover. Only when we are grateful will we pay attention and cherish all the blessings and opportunities.



Every day, take a moment to give thanks, to love someone, a place or an idea that touches your heart. Cherish the blessings you have been fortunate to receive through all seasons of the year and in life.

2. Courageous

You see, life can mean a lot - but only when we discover that meaning for ourselves. The meaning cannot be bought at any store and it cannot be handed down like a jacket that someone says you will be perfect with the shirt before you even try wearing it. The meaning must be sought, won and turned it into one's own. All require courage.



Be brave! Living strong but still gentle, knowledgeable but still full of interest. Discover everything you meet. Love all, sincerely and freely expressing your feelings. Run fast but don't forget to walk slowly.

3. Knowledge

Knowledge, surprisingly, starts from nowhere. With the acceptance of the limited in my knowledge and a little humility, I learned that knowledge can save me from the ocean of pride! Then, by combining with curiosity . someone can learn and grow constantly throughout their lives.



There are two universes to discover - one is within yourself, the other is outside. And this is the most special part: how far you discover each universe and what you discover, completely dependent on you.

4. Faith

Follow your faith, like a river flowing into the sea - and you'll find yourself immersed in the gentle waves of the spiritual ocean that surrounds us all. Swimming in that sea is that we have merged into a greater power, a deeper awareness, a higher truth. And also . a gentle yet very sustainable joy.



Just remember: Let your beliefs be true, does not mean that others' beliefs must be wrong! If you are sure of your own faith, really moved by its wisdom and power - then you don't need to improve anyone's beliefs.

5. Curious

Curiosity is the core intelligence of a child, an open mind for wonderful things, because children see the world freshly, with all the beauty and the strange, the mysterious and the its charm.



Curiosity is the key to the door of imagination and that leads to other doors - respect, creativity, and effort.

The core of curiosity is openness - live with all your senses. If you deliberately want to find curiosity, you will never find it. Instead, take off your shoes, go barefoot on your way . and allow it to find you.

6. Generous

Being generous is not giving others what they want. Instead, it is giving away what you want. Sharing requires empathy. Therefore, making a gift and giving it to others is only a small part of generosity. It was the visible result of a previous gift, an invisible gift from the heart.



Cultivate some generous seeds into your life. Yes - seeds that can grow into plants that you can never see and under its shade will gather people and creatures that you may never meet. They will find joy and safety and comfort under those trees . and they will thank the person who made those things happen.

7. Hope

Hope requires courage. Especially in this difficult world of ours, when so many people are obscured by the darkness of despair, hope looks a bit distant. Or even impossible. However, hope can come back, silently, when needed most.



Doubt is the enemy of hope, always suspecting that progress (or even virtue) is impossible. But creative thinking is an ally of hope, reminding us of how we can do better.

Blow up the embers of hope within yourself and turn them into flames. Because that's where new life will begin.

And a word will add strength to all:

8. Love

Love is an invitation, not an order. But if you really open your heart to its power, you will be swept away as if you fell into a majestic river. And where that river takes you, no one can predict.



The paradox of love is that it beckons us to go deep inside ourselves to find the understanding of another person's soul. But once that knowledge is found, you will be connected to that person to discover yourself deeper. Clearly, both inside and outside, we have a deep understanding.

So what is a meaningful life?

1. A meaningful life - and healthier - than a happy life

A study conducted in the Greater Good Science Center is often referred to as "*the science of happiness*" that comes with the tagline "*Science of a meaningful life*" (The Science of a Meaningful Life). "Meaningful" and "happy" - are they different?

New research indicates that differences exist. By conducting an investigation of about 400 US residents in an effort to clarify the two concepts of "meaning" and "happiness", Positive Psychology Magazine (a study of positive psychology) has found a husband Significant cross between them - but there are still some key differences.

Based on these investigations, for example, feeling good and the needs met seem to be tied to happiness but not related to meaning. Happy people seem to be immersed with the present moment, not the past or the future, meanwhile, the meaning seems to link all three times in life. People transform meaning (not necessarily happiness) by helping others - becoming a "giver" - while happiness (not necessarily meaningful) is derived.

from being a "receiver" (Taker).



And while all social connections are important for both meaning and happiness, this type of connection is the problem: spend time with friends important to happiness, not meaning, while Being close to loved ones (belonging to the family) brings a sense of meaning, not just happiness.

Another study published in the journal Proceedings of The National Academy of Sciences suggests that these differences all have a close relationship with their health. me. When Barbara and Steve Cole compared the immune cells of "happy" people and people who live "meaning and feel good about orientation," the second group seems to have a much healthier immune system. .

2. The emotional benefits of altruism have probably become popular

One of the most significant findings that makes science about happiness and self-indulgence is: altruism promotes happiness. Spending time with other people makes us happier than alone - at least this has been proven by wealthy American residents participating in the study.

Another article published in Personality and Social Psychology also shows that this conclusion is true even in countries where sharing with others becomes a threat. to someone's existence.

In one study, scientists conducted a test of data on more than 200,000 people from 136 countries - they determined that charity work last month will enhance happiness "*in most countries and all regions of the world* " , overcome cultural barriers and the level of economic poverty. It is true regardless of whether someone said they were having trouble storing food for the whole family last year.



When researchers focus on three countries with many levels of wealth and wealth, Canada, Uganda and India, they find that those with greater happiness often recall the time when they gave others more money. is spending for yourself. And in a comparative study between Canada and South Africa, people feel happier after doing charity than buying them a meal, even though they don't get any benefit from that generosity. both. This aroused in researchers a proposition that their happiness does not stem from feeling enhanced social connections or improved reputation but from instinct ingrained in each. people.

In fact, experts argue that emotional, universal emotional benefits of altruism are a product of evolution, a sustained behavior that *"would probably include genera."* *Short-term fees have long-term benefits for life throughout the evolutionary history of humanity. "*

3. Mindfulness meditation makes people more selfless



A study published in Psychological Science found that those who spent eight weeks participating in mindfulness meditation courses were more likely than those who did not participate in giving their seats to someone who had

to go by. Crutches are also available to help strangers when they need more (according to a study done later). After finishing the course, the meditation group also clearly shows changes in brain activity including understanding the pain of others.

4. Meditation changes gene expression (gene expression)



What does the gene have to do with fate? They have a certain influence on the health and behavior of each person. However, more and more research has also revealed a two-way relationship: our choices also affect the activity of genes.

In 2013, a collaborative project between researchers from France, Spain and the University of Wisconsin realized that those with experience in meditation will be able to calm genes that often cause the body to be attacked. Dynamic when stressed.

You finished reading the article "**The secret of a meaningful life lies only in these 7 words**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.