

The Meaning of Life

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The question whether life has any meaning is difficult to interpret, and the more you concentrate your critical faculty on it the more it seems to elude you, or to evaporate as any intelligible question. You want to turn it aside, as a source of embarrassment, as something that, if it cannot be abolished, should at least be decently covered. And yet I think any reflective person recognizes that the question it raises is important, and that it ought to have a significant answer. If the idea of meaningfulness is difficult to grasp in this context, so that we are unsure what sort of thing would amount to answering the question, the

(This essay is reproduced from Richard Taylor, "The Meaning of Life." in *Good and Evil* Amherst, N.Y. Prometheus Books. 2000. 31934. Copyright 2000 by Richard Taylor. Reprinted with permission.)

idea of meaninglessness is perhaps less so. If, then, we can bring before our minds a clear image of meaningless existence, then perhaps we can take a step toward coping with our original question by seeing to what extent our lives, as we actually find them, resemble that image, and draw such lessons as we are able to from the comparison.

MEANINGLESS EXISTENCE

A perfect image of meaninglessness, of the kind we are seeking, is found in the ancient myth of Sisyphus. Sisyphus, it will be remembered, betrayed divine secrets to mortals, and for this he was condemned by the gods to roll a stone to the top of a hill, the stone then immediately to roll back down, again to be pushed to the top by Sisyphus, to roll down once more, and so on again and again, forever. Now in this we have the picture of meaningless, pointless toil, of a meaningless existence that is absolutely never redeemed. It is not even redeemed by a death that, if it were to accomplish nothing more, would at least bring this idiotic cycle to a close. If we were invited to imagine Sisyphus struggling for a while and accomplishing nothing, perhaps eventually falling from exhaustion, so that we might suppose him then eventually turning to something having some sort of promise, then the meaninglessness of that chapter of his life would not be so stark. It would be a dark and dreadful dream, from which he eventually awakens to sunlight and reality. But he does not awaken, for there is nothing for him to awaken to. His repetitive toil is his life and reality, and it goes on forever, and it is without any meaning whatever. Nothing ever comes of what he is doing, except simply, more of the same. Not by one step, nor by a thousand, nor by ten thousand does he even expiate by the smallest token the sin against the gods that led him into this fate. Nothing comes of it, nothing at all.

This ancient myth has always enchanted people, for countless meanings can be read into it. Some of the ancients apparently thought it symbolized the perpetual rising and setting of the sun, and others the repetitious crashing of the waves upon the shore. Probably the commonest interpretation is that it symbolizes our eternal struggle and unquenchable spirit, our determination always to try once more in the face of overwhelming discouragement. This interpretation is further supported by that version of the myth according to which Sisyphus was commanded to roll the stone over the hill, so that it would finally roll down the other side, but was never quite able to make it.

I am not concerned with rendering or defending any interpretation of this myth, however. I have cited it only for the one element it does unmistakably contain, namely, that of a repetitious, cyclic activity that never comes to any

thing. We could contrive other images of this that would serve just as well, and no mythmakers are needed to supply the materials of it. Thus, we can imagine two persons transporting a stone or even a precious gem, it does not matter back and forth, relay style. One carries it to a near or distant point where it is received by the other; it is returned to its starting point, there to be recovered by the first, and the process is repeated over and over. Except in this relay nothing counts as winning, and nothing brings the contest to any close, each step only leads to a repetition of itself. Or we can imagine two groups of prisoners, one of them engaged in digging a prodigious hole in the ground that is no sooner finished than it is filled in again by the other group, the latter then digging a new hole that is at once filled in by the first group, and so on and on endlessly.

Now what stands out in all such pictures as oppressive and dejecting is not that the beings who enact these roles suffer any torture or pain, for it need not be assumed that they do. Nor is it that their labors are great, for they are no greater than the labors commonly undertaken by most people most of the time. According to the original myth, the stone is so large that Sisyphus never quite gets it to the top and must groan under every step, so that his enormous labor is all for naught. But this is not what appalls. It is not that his great struggle comes to nothing, but that his existence itself is without meaning. Even if we suppose, for example, that the stone is but a pebble that can be carried effortlessly, or that the holes dug by the prisoners are but small ones, not the slightest meaning is introduced into their lives. The stone that Sisyphus naves to the top of the hill, whether we think of it as large or small, still rolls back every time, and the process is repeated forever. Nothing comes of it, and the work is simply pointless. That is the element of the myth that I wish to capture.

Again, it is not the fact that the labors of Sisyphus continue forever that deprives them of meaning. It is, rather, the implication of this: that they come to nothing. The image would not be changed by our supposing him to push a different stone up every time, each to roll down again. But if we supposed that these stones, instead of rolling back to their places as if they had never been waved, were assembled at the top of the hill and there incorporated, say, in a beautiful and enduring temple, then the aspect of meaninglessness would disappear. His labors would then have a point, something would come of them all, and although one could perhaps still say it was not worth it, one could not say that the life of Sisyphus was devoid of meaning altogether. Meaningfulness would at least have made an appearance, and we could see what it was.

That point will need remembering. But in the meantime, let us note another way in which the image of meaninglessness can be altered by making only a very light change. Let us suppose that the gods, while condemning Sisyphus

to the fate just described, at the same time, as an afterthought, waxed perversely merciful by implanting in him a strange and irrational impulse; namely, a compulsive impulse to roll stones. We may if we like, to make this more graphic, suppose they accomplish this by implanting in him some substance that has this effect on his character and drives. I call this perverse, because from our point of view there is clearly no reason why anyone should have a persistent and insatiable desire to do something so pointless as that. Nevertheless, suppose that is Sisyphus' condition. He has but one obsession, which is to roll stones, and it is an obsession that is only for the moment appeased by his rolling them he no sooner gets a stone rolled to the top of the hill than he is restless to roll up another.

Now it can be seen why this little afterthought of the gods, which I called perverse, was also in fact merciful. For they have by this device managed to give Sisyphus precisely what he wants by making him want precisely what they inflict on him. However it may appear to us, Sisyphus' fate now does not appear to him as a condemnation, but the very reverse. His one desire in life is to roll stones, and he is absolutely guaranteed its endless fulfillment. Where otherwise he might profoundly have wished surcease, and even welcomed the quiet of death to release him from endless boredom and meaninglessness, his life is now filled with mission and meaning, and he seems to himself to have been given an entry to heaven. Nor need he even fear death, for the gods have promised him an endless opportunity to indulge his single purpose, without concern or frustration. He will be able to roll stones forever.

What we need to mark most carefully at this point is that the picture with which we began has not really been changed in the least by adding this supposition. Exactly the same things happen as before. The only change is in Sisyphus' view of them. The picture before was the image of meaningless activity and existence. It was created precisely to be an image of that. It has not lost that meaninglessness, it has now gained not the least shred of meaningfulness. The stones still roll back as before, each phase of Sisyphus' life still exactly resembles all the others, the task is never completed, nothing comes of it, no temple ever begins to rise, and all this cycle of the same pointless thing over and over goes on forever in this picture as in the other. The only thing that has happened is this: Sisyphus has been reconciled to it, and indeed more, he has been led to embrace it. Not, however, by reason or persuasion, but by nothing more rational than the potency of a new substance in his veins.

THE MEANINGLESSNESS OF LIFE

I believe the foregoing provides a fairly clear content to the idea of meaninglessness and, through it, some hint of what meaningfulness, in this sense,

might be. Meaninglessness is essentially endless pointlessness, and meaningfulness is therefore the opposite. Activity, and even long, drawn out and repetitive activity, has a meaning if it has some significant culmination, some more or less lasting end that can be considered to have been the direction and purpose of the activity. But the descriptions so far also provide something else; namely, the suggestion of how an existence that is objectively meaningless, in this sense, can nevertheless acquire a meaning for him whose existence it is.

Now let us ask: Which of these pictures does life in fact resemble? And let us not begin with our own lives, for here both our prejudices and wishes are great, but with the life in general that we share with the rest of creation. We shall find, I think, that it all has a certain pattern, and that this pattern is by now easily recognized.

We can begin anywhere, only saving human existence for our last consideration. We can, for example, begin with any animal. It does not matter where we begin, because the result is going to be exactly the same.

Thus, for example, there are caves in New Zealand, deep and dark, whose floors are quiet pools and whose walls and ceilings are covered with soft light. As you gaze in wonder in the stillness of these caves it seems that the Creator has reproduced there in microcosm the heavens themselves, until you scarcely remember the enclosing presence of the walls. As you look more closely, however, the scene is explained. Each dot of light identifies an ugly worm, whose luminous tail is meant to attract insects from the surrounding darkness. As from time to time one of these insects draws near it becomes entangled in a sticky thread lowered by the worm, and is eaten. This goes on month after month, the blind worm lying there in the barren stillness waiting to entrap an occasional bit of nourishment that will only sustain it to another hit of nourishment until Until what? What great thing awaits all this long and repetitious effort and makes it worthwhile? Really nothing. The larva just transforms itself finally to a tiny winged adult that lacks even mouth parts to feed and lives only a day or two. These adults, as soon as they have mated and laid eggs, are themselves caught in the threads and are devoured by the cannibalist worms, often without having ventured into the day, the only point their existence having now been fulfilled. This has been going on for mil II)ii of years, and to no end other than that the same meaningless cycle may continue for another millions of years.

All living things present essentially the same spectacle. The larva of a certain cicada burrows in the darkness of the earth for seventeen years, through season after season, to emerge finally into the daylight for a brief flight, lay its eggs, and die this all to repeat itself during the next seventeen years, and so on to eternity. We have already noted, in another connection, the struggles of fish, made nil that others may do the same after them and that this cycle, having

no other point than itself, may never cease. Some birds span an entire side of the globe each year and then return, only to insure that others may follow the same incredibly long path again and again. One is led to wonder what the point of it all is, with what great triumph this ceaseless effort, repeating itself through millions of years, might finally culminate, and why it should go on and on for so long, accomplishing nothing, getting nowhere. But then you realize that there is no point to it at all, that it really culminates in nothing, that each of these cycles, so filled with toil, is to be followed only by more of the same. The point of any living thing's life is, evidently, nothing but life itself.

This life of the world thus presents itself to our eyes as a vast machine, feeding on itself, running on and on forever to nothing. And we are part of that life. To be sure, we are not just the same, but the differences are not so great as we like to think; many are merely invented, and none really cancels the kind of meaninglessness that we found in Sisyphus and that we find all around, wherever anything lives. We are conscious of our activity. Our goals, whether in any significant sense we choose them or not, are things of which we are at least partly aware and can therefore in some sense appraise. More significantly, perhaps, we have a history, as other animals do not, such that each generation does not precisely resemble all those before. Still, if we can in imagination disengage our wills from our lives and disregard the deep interest we all have in our own existence, we shall find that they do not so little resemble the existence of Sisyphus. We toil after goals, most of them, indeed every single one of them of transitory significance and, having gained one of them, we immediately set forth for the next, as if that one had never been, with this next one being essentially more of the same. Look at a busy street any day, and observe the throng going hither and thither. To what? Some office or shop, where the same things will be done today as were done yesterday, and are done now so they may be repeated tomorrow. And if we think that, unlike Sisyphus, these labors do have a point, that they culminate in something lasting and, independently of our own deep interests in them, very worthwhile, then we simply have not considered the thing closely enough. Most such effort is directed only to the establishment and perpetuation of home and family; that is, to the begetting of others who will follow in our steps to do more of the same. Everyone's life thus resembles one of Sisyphus' climbs to the summit of his hill, and each day of it one of his steps; the difference is that whereas Sisyphus himself returns to push the stone up again, we leave this to our children. We at one point imagined that the labors of Sisyphus finally culminated in the creation of a temple, but for this to make any difference it had to be a temple that would at least endure, adding beauty to the world for the remainder of time. Our achievements, even though they are often beautiful, are mostly bubbles; and those that do last, like the sand swept pyramids, soon become mere curiosities while around them the rest of human

kind continues its perpetual toting of rocks, only to see them roll down. Nations are built upon the bones of their founders and pioneers, but only to decay and crumble before long, their rubble then becoming the foundation for others directed to exactly the same fate. The picture of Sisyphus is the picture of existence of the individual man, great or unknown, of nations, of the human race, and of the very life of the world.

On a country road one sometimes comes upon the ruined hulks of a house and once extensive buildings, all in collapse and spread over with weeds. A curious eye can in imagination reconstruct from what is left a once warm and thriving life, filled with purpose. There was the hearth, where a family once talked, sang, and made plans; there were the rooms, where people loved, and babes were born to a rejoicing mother; there are the musty remains of a sofa, infested with bugs, once bought at a dear price to enhance an ever growing comfort, beauty, and warmth. Every small piece of junk fills the mind with what once, not long ago, was utterly real, with children's voices, plans made, and enterprises embarked upon. That is how these stones of Sisyphus were rolled up, and that is how they became incorporated into a beautiful temple, and that temple is what now lies before you. Meanwhile other buildings, institutions, nations, and civilizations spring up all around, only to share the same fate before long. And if the question "What for?" is now asked, the answer is clear: so that just this may go on forever.

The two pictures of Sisyphus and of our own lives, if we look at them from a distance are in outline the same and convey to the mind the same image. It is not surprising, then, that we invent ways of denying it, our religions proclaiming a heaven that does not crumble, their hymnals and prayer books declaring a significance to life of which our eyes provide no hint whatever! Even our philosophies portray some permanent and lasting goods at which all may aim, from the changeless forms invented by Plato to the beatific vision of St. Thomas and the ideals of permanence contrived by the moderns. When these fail to convince, then earthly ideals such as universal justice and brotherhood are conjured up to take their places and give meaning to our seemingly endless pilgrimage, some final state that will be ushered in when the last obstacle is removed and the last stone pushed to the hilltop. No one believes, of course, that any such state will be final, or even wants it to be in case it means that human existence would then cease to be a struggle; but in the meantime such ideas serve a very real need.

THE MEANING OF LIFE

We noted that Sisyphus' existence would have meaning if there were some point to his labors, if his efforts ever culminated in something that was not

just an occasion for fresh labors of the same kind. But that is precisely the meaning it lacks. And human existence resembles his in that respect. We do achieve things we scale our towers and raise our stones to the hilltops but every such accomplishment fades, providing only an occasion for renewed labors of the same kind.

But here we need to note something else that has been mentioned, but its significance not explored, and that is the state of mind and feeling with which such labors are undertaken. We noted that if Sisyphus had a keen and unappeasable desire to be doing just what he found himself doing, then, although his life would in no way be changed, it would nevertheless have a meaning for him. It would be an irrational one, no doubt, because the desire itself would be only the product of the substance in his veins, and not any that reason could discover, but a meaning nevertheless.

And would it not, in fact, be a meaning incomparably better than the other? For let us examine again the first kind of meaning it could have. Let us suppose that, without having any interest in rolling stones, as such, and finding this, in fact, a galling toil, Sisyphus did nevertheless have a deep interest in raising a temple, one that would be beautiful and lasting. And let us suppose he succeeded in this, that after ages of dreadful toil, all directed at this final result, he did at last complete his temple, such that now he could say his work was done, and he could rest and forever enjoy the result. Now what? What picture now presents itself to our minds? It is precisely the picture of infinite boredom! Of Sisyphus doing nothing ever again, but contemplating what he has already wrought and can no longer add anything to, and contemplating it for an eternity! Now in this picture we have a meaning for Sisyphus' existence, a point for his prodigious labor, because we have put it there; yet, at the same time, that which is really worthwhile seems to have slipped away entirely. Where before we were presented with the nightmare of eternal and pointless activity, we are now confronted with the hell of its eternal absence.

Our second picture, then, wherein we imagined Sisyphus to have had inflicted on him the irrational desire to be doing just what he found himself doing, should not have been dismissed so abruptly. The meaning that picture lacked was no meaning that he or anyone could crave, and the strange meaning it had was perhaps just what we were seeking.

At this point, then, we can reintroduce what has been until now, it is hoped, resolutely pushed aside in an effort to view our lives and human existence with objectivity; namely, our own wills, our deep interest in what we find ourselves doing. If we do this we find that our lives do indeed still resemble that of Sisyphus, but that the meaningfulness they thus lack is precisely the meaningfulness of infinite boredom. At the same time, the strange meaningfulness they possess is that of the inner compulsion to be doing just what they were put

here to do, and to go on doing it forever. This is the nearest we may hope to get to heaven, but the redeeming side of that fact is that we do thereby avoid a genuine hell.

If the builders of a great and flourishing ancient civilization could somehow return now to see archaeologists unearthing the trivial remnants of what they had once accomplished with such effort see the fragments of pots and vases, a few broken statues, and such tokens of another age and greatness they could indeed ask themselves what the point of it all was, if this is all it finally came to. Yet, it did not seem so to them then, for it was just the building, and not what was finally built, that gave their life meaning. Similarly, if the builders of the ruined home and farm that I described a short while ago could be brought back to see what is left, they would have the same feelings. What we construct in our imaginations as we look over these decayed and rusting pieces would reconstruct itself in their very memories, and certainly with unspeakable sadness. The piece of a sled at our feet would revive in them a warm Christmas. And what rich memories would there be in the broken crib? And the weed covered remains of a fence would reproduce the scene of a great herd of livestock, so laboriously built up over so many years. What was it all worth, if this is the final result? Yet, again, it did not seem so to them through those many years of struggle and toil, and they did not imagine they were building a Gibraltar. The things to which they bent their backs day after day, realizing one by one their ephemeral plans, were precisely the things in which their wills were deeply involved, precisely the things in which their interests lay, and there was no need then to ask questions. There is no more need of them now the day was sufficient to itself, and so was the life.

This is surely the way to look at all of life at one's own life, and each day and moment it contains; of the life of a nation; of the species; of the life of the world; and of everything that breathes. Even the glow worms I described, whose cycles of existence over the millions of years seem so pointless when looked at by us, will seem entirely different to us if we can somehow try to view their existence from within. Their endless activity, which gets nowhere, just what it is their will to pursue. This is its whole justification and meaning. Nor would it be any salvation to the birds who span the globe every year, back and forth, to have a home made for them in a cage with plenty of food and protection, so that they would not have to migrate anymore. It would be their condemnation, for it is the doing that counts for them, and not what they hope to will by it. Flying these prodigious distances, never ending, is what it is in their veins to do, exactly as it was in Sisyphus' veins to roll stones, without end. after the gods had waxed merciful and implanted this in him.

You no sooner drew your first breath than you responded to the will that was in you to live You no more ask whether it will be worthwhile, or whether

anything of significance will come of it, than the worms and the birds. The point of living is simply to be living, in the manner that it is your nature to be living. You go through life building your castles, each of these beginning to fade into time as the next is begun; yet it would be no salvation to rest from all this. It would be a condemnation, and one that would in no way be redeemed were you able to gaze upon the things you have done, even if these were beautiful and absolutely permanent, as they never are. What counts is that you should be able to begin a new task, a new castle, a new bubble. It counts only because it is there to be done and you have the will to do it. The same will be the life of your children, and of theirs; and if the philosopher is apt to see in this a pattern similar to the unending cycles of the existence of Sisyphus, and to despair, then it is indeed because the meaning and point he is seeking is not there but mercifully so. The meaning of life is from within us, it is not bestowed from without, and it far exceeds in both its beauty and permanence any heaven of which men have ever dreamed or yearned for.