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## INTRODUCTION

The intention of these talks is to give you time and space to think about important life topics, to reflect and share the dilemmas you have.

"Life is too short to constantly read and share other people's motivational messages," I wrote a long time ago. That's why I won't share wise thoughts and quotes here. Most of the thoughts in this manual are my own, SMisao/SMART "product".

Your task will be to seek wise thoughts for a better understanding of the topics we will discuss. We will discuss and reflect on them, criticize them. I expect that during the conversation, you will come up with a lot of wisdom by yourself.

I hope that all this will be useful, interesting, that it will stimulate thinking, facilitate personal development and improve your life.

## OBJECTIVES

Objectives of Meaningful Conversation:

- To get time and space to talk about important life topics
- To learn something new
- To develop your existential intelligence with these conversations\*

Conversations should also serve you for meaningful self-reflection; you become better for yourself and the other beings you share life with.

**Note:** in our work there will be literally nothing from the domain of "popular" positive psychology, especially not that which excludes responsibility.

I rely on my knowledge of logotherapy , which in my opinion is first of all philosophy, and then therapy. I studied logotherapy at the Viktor Frankl Institute in Texas and successfully completed my studies in 2017, earning a *Diplomate in Logotherapy* (in our educational system it is a postgraduate specialization).

\* **Existential intelligence** is the ability to face existential questions and challenges, such as the meaning of life, freedom, responsibility, death, loneliness, suffering, love, faith and others. It is intelligence that allows us to live authentically, creatively and meaningfully. It is intelligence that helps us be happy and fulfilled. (*Microsoft Copilot* , February 2024)

## HOW WE ARE GOING TO WORK TOGETHER

After you have expressed your desire to have 10 meaningful conversations and after we have registered your payment, you will receive this guide.

You choose the schedule of discussions on topics yourself.

Before the first conversation, you need to do the homework that is provided for the topic.

**Important Note:** There is a Reading List at the end of each topic. You don't have to read everything on the list, but it is recommended that you do so.

You should do your homework to get the most out of our discussion on the topic.

After all the conversations and completed homework, you receive a certificate of participation in Meaningful Conversations.

Meaningful conversations are two-way communication, with full attention and participation.

### **Meaningful conversations include:**

Openness

Modesty

Generosity

Curiosity

## LIFE

"Life is always long."

*TS Eliot*

### Questions for discussion

What did *TS Eliot* mean by this quote?

How do we define life?

Why is life always worth living?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

"Is there life before death?" Dr. Robert Torre

## DEATH

"Death reminds us of life, every day.  
Don't die without living.  
We will all be sorry."

Haiku by © SM.isao

### Questions for discussion

How does death give meaning to life?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

"Is there life before death?" Dr. Robert Torre



## LOVE

"Love is the guardian of meaning" Dr. Viktor Frankl.

### Questions for discussion

How do you understand this thought of Dr. Viktor Frankl?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

Rumi

## MEANING and PURPOSE

### Questions for discussion

How do you understand meaning and purpose?

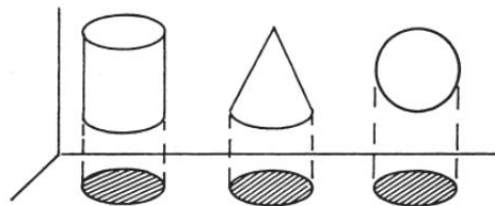
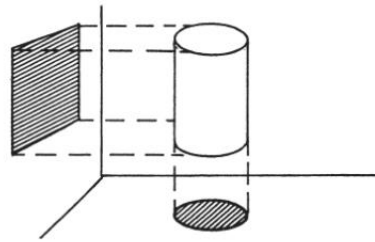
### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

"Man's Search for Meaning" Viktor Frankl

## DIMENSIONAL ONTOLOGY (art, creativity and critical thinking) and QUESTIONS



### *Dimensional Ontology Laws Viktor Frankl's Ontologies*

Retrieved from: <https://www.leadingapiens.com/viktor-frankl-laws-dimensional-ontology/>

### Questions for discussion

How do you understand Frankl's laws presented above?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

"The Cave" Plato

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## QUESTIONS

### Questions for discussion

Why are good questions important?

### Assignment

Make a list of your questions related to Questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

## SELF - TRANSCEDENCE

### Questions for discussion

List examples of people who self-transedence and think why you admire them.

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

"Doors of Perception" by O. Huxley

## WORK AND MEANING

You watch the video: "[Do we go to work for meaning?](#)".

### Questions for discussion

Does work provide meaning?

If the answer is YES, let's explain how?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Instead of Reading List 😊

Find a work of art (painting, composition, photograph, sculpture, ...) that gives you information about the connection between work and meaning

## UNIVERSE/DETERMINISM

### Questions for discussion

Visualization or?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Reading list

"The Mysterious Stranger" by Mark Twain

"Accept everything as it is" Miyamoto

## RESPONSIBILITY

### Questions for discussion

Why they get on our nerves, *Life Coaches*?

### Assignment

Make a list of your questions and favorite quotes for our discussion, for this topic (the number of quotes is as you wish, it is not limited 😊)

### Instead of Reading List 😊

Find a work of art (painting, composition, photograph, sculpture, ...) that gives you information about responsibility



THEME OF YOUR CHOICE

Choose a topic that is not listed here and we will discuss it.

## THE AUTHOR

I am the creator of small art installations "SM.ART" inspired by the beauty of flowers, nature and small things around us that we often don't notice.

Author of the concept " SMisao ", reflections on life and meaning, in the form of short stories, songs and music, which I started working on after studying logotherapy. (Smisao translated literally means: Meaning. Also Misao means Thought. How convenient for me 😊)

I write and publish in Serbian and English.

I live far away from a big city, with dogs (breed Tornjak), with trees and various flowers .

I consider my greatest success to be that I can play something on four instruments, more or less well.