



self-worth

Personal Transformation

Hope

MyQuest

By Daniel Labbe

Help me name the new ideal that will replace the American Dream

Today's Meditation - What is your life about? What a question, huh? I mean, it sounds like we should already know the answer to this one. But do we? Some people are focused on making money, some want social status, some people are just looking for some relief from it all while others yearn for connections. At one time my life was all about two things: escaping pain and trying to have a blast before my number was up. So what about you?

I never stopped ~~to~~ long enough to give this question the time it deserves, not until I landed in prison at least. A great thing about living behind the wall is you have so much time to think. Let me tell you something; this can be a terrifying experience.

When I started thinking about my life and what ~~to~~ motivated me I got a dose of "What the #!@*!" This might be why people are obsessed with staying busy ~~to~~ with countless distractions. Just think what you would find if you slowed down.

So really, what is your life about? What drives your actions throughout the day? What is the goal of the majority of your activity? Here's a doozy; what kind of thoughts habitually occupy your mind? If you give these questions some thought you might be surprised by what you find.

(2)



(okay, I didn't put in enough stripes :))

For many people life is all about the American Dream. It's about achieving status, amassing a satisfactory store of material possessions, achievement, and sex. But does this result in a deep sense of joy? In love? In contentment?

Our culture promotes the American Dream with a fierce focus on consumerism. Yet this ideal is empty. It's a void that cannot be filled, and there is no way of actually achieving it because we always want more. One thing the American Dream is good at is making "good workers." In order to achieve the Dream one must become an efficient "Cog" in the great machine.

Here's a strange fact. The term American Dream was coined in 1931 during the Great Depression. Creating the ideals of the American Dream is a great way to focus the country on working toward materialistic goals. ~~this~~ After World War II suburbs became huge and the media (TV shows) was promoting the American Dream with ~~such~~ a vigor bordering on OCD. Before the depression the country was split between rural and ~~city~~ urban, then came the American Dream and the 9-5 work-force Suburbia!!

Hi, honey,
I'm home!

Anyway, what if we found a new dream, a new ideal to teach the coming generations. One that actually resulted in personal fulfillment, community, creativity, and joy? How about we decide to base our lives on a dream with heart and soul?

3



Here it is. A life that is focused on the following three concepts is bound to ~~exceed~~ outshine a life based on the American Dream:

What should we call this?

1. To lead a life that reflects your deepest values and beliefs, that reflects the best of who you are.
2. To create and maintain healthy and rewarding personal relationships.
3. To have a positive impact on the lives of others and contribute to the growth of your community.

I need to work on the details, and I don't have a name for this new ideal. But I think this is a recipe for success, don't you? Growing up I wasn't taught these things. School prepares you for the work-force, not to lead a healthy, happy life. My life was less than ideal and my focus soon became ~~to~~ to learn how to escape pain in as many ways as possible.

It wasn't until I came to prison that I had the time to think about it all.

New name will be announced by the end of November

So, I would like to ask you what you think of this 3-point ideal? What could ~~we~~ we call it? Leave your comments and I will let you know the ~~new name~~ name of this ideal. I look forward to hearing your ideas. Till then, Happy Questing!

Today's Quote - True joy is the freedom to be who you are. Marcia Reynolds