Meaning and its Necessity from the Perspective of Victor Frankl

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ABSTRACT

This contribution considers Victor Frankl's perspective (founder of logo-therapy school) about the meaning and its necessity in life. Victor Frankl perceives the meaning seeking as a basic & fundamental human and existential requirement beyond the physical and psychological motivations as a transcendental approach in human beings. In his view, the meaning seeking will be led to existential vacuum, emptiness and existential neurosis. Victor Frankl considers the mental and spiritual unconscious aspect as a differentiator aspect and central core of human being nature. He has set out the meaning in both special and ultimate and he considers its conception and detection from among the values and conscious actualized meanwhile emphasizing on personal, intuitive and super rational aspects of the meaning.

INTRODUCTION

The issue of meaning in life among the most important and controversial philosophical, religious and psychological issues. Meaningful life always has been important for human and has been a significance concern. Lack of the meaning causes emptiness and confusion. Especially in recent centuries and the rise of positivist sciences, the looking for meaning and the meaning of life has been a concern for philosophers, psychologists and theologians and especially western analytic philosophers and existentialist and in this regard they have presented theories.

Viktor Frankl, the existentialist psychologist, established the Existentialist Logo Therapy School. Logo Therapy is the third psychological school after Freud and Adler. Frankl chose term Logo Therapy for his theory. Logo Therapy is derived from Greek word logos. Logo Therapy focuses human existence and the search for the meaning. Understanding human behavior patterns, based on spiritual unconscious is the important discovery of the Logo Therapy School. There are various motivational forces in man. Freud Psychoanalysis (first School) regarded the principle of hedonism as the main driving force of the character and looks at the human try as increasing or eliminating stress in life and escape from the pain and for getting pleasure.

Adler's individual psychology (the second school) knows the superiority and ambitious as the most individual motives who derived from feelings of inferiority. In contrast to these views, Frankl knows the looking of meaning and struggling to find the meaning of life as a fundamental, independent and principal motive beyond the physical, emotional motives and the most motivational force in human and since interprets it as the will to meaning.

Frankl looks at human nature consisting of three dimensions: physical, psychological and spiritual. He points out the basic human advantage is in spiritual and sublime realm. In Frankl attitude, leaving searching of the meaning causes existence vacuum, sense of emptiness, and a kind of neurosis disease called existential neurosis. In these circumstances, behaviors such as aggression, depression and addiction are common as trilogy society neurosis, and finally the life is meaningless and there is no reason to continue it. Frankl does not know the meaning as hoax, and focuses on the discovery of the meaning within common values.

This paper, at first investigates the view of Frankl about meaning necessity and will to meaning as a transcendental approach and the meaning of life, then checks the classified aspects of human existence. Then considers Frankl discussions about spirituality, freedom and responsibility, faith, religion, God and conscience with regard to the fundamental role of spiritual court in human excellence. At the end Frankl’s classification
about meaning divided into two levels, especial meaning (instance) and ultimate meaning, emphasizing the broad sense of the infinite, and his answers about how to get the meaning and discover it, is written

2 Will to meaning:

According to the views of motivation such as Freud and Adler's theories, a human is who basically meets the needs and satisfaction of drives and instincts. In the final analysis, he does these things just to get them to ease tensions emerged with them, with the aim to deal with internal balance (called homeostasis) to maintain or re-establish it. Will to meaning is the follow-up and search of the existence meaning the life’s worth and obsessed with why, how and the purpose of life. Unlike motivational theories, in Frankl view, will to meaning is not a reaction to instinctive drives but is a fundamental need and merely human and existential.

Meaning does not motivate the man and does not move him and isn’t obligatory but on the contrary, is a factor which attracts the man. He believes that if we are pulled to the meaning, by the balance, mental dynamism stopped and we don’t continue our growth and spiritual transcending.

So he used volition or to the meaning-oriented volition terms and avoids using need or drive terms. In Frankl view, salient attribute and character of the man is to will meaning not search of his own. The more he forget himself and bring himself to the goal or ideal of someone else he is more human, human’s goal is not to achieve homeostasis.

“What man needs is not balance and none-tension but the effort to achieve a worthy goal and respond to the potential meaning waiting for him to realize this? Something human needs is not homeostasis but is what I named it neo dynamic. The spiritual driving force is within a sphere of tension that one pole is meaning and the other pole is a person who forced to realize the meaning” [1] Frankl by explaining the characteristics of healthy humans, considers it with a certain level of tension. Looking for meaning could mean can be an indomitable and fighting duty and increases internal tensions, not decrease. In fact, Frankl sees the increasing of stress as prerequisite for mental health. The life without stress, is stable and sentenced to neogenic (neorosis) Abandon the search, bring an existential vacuum and provides feeling of indifference, emptiness and meaninglessness. Healthy personality has a certain level of stress, the level of what he has achieved and what he should achieve or accomplish namely the distance between what is and what ought to be. This distance means that healthy people are always trying to reach the goals which give the meaning to their lives. They are constantly faced with the excitement of finding a new purpose, and these constant prowl always brings excitement and enthusiasm. [7].

3- Depth and height psychology:

Depth or deep psychology, inspired by the ideas of Freud and Adler, knows the psychoanalysis mission to unmask the dynamic unconscious forces of the human behavior pattern. Depth psychology believes that has a key to unlock the unconscious mind and in this way acquires revived unconscious mind, a knowledge which has extensive function in the literature, art, religion and culture. [6] Logography providing a different perspective on the man, faces against psychoanalytical approach. Here we are dealing with a clear human phenomenon contrary to the phenomenon that is common between us and animals, in other words, we have spiritual being that is human characteristic. "Psychoanalysis with a mechanical perspective that is largely a reaction against piousness looks at all human psyche as apart particles lying together that in this way the unity of human personality disappears. It is also quite evident in Freud's hypothesis that says I (Ego) is made from my drives. Thus the hypothesis, the officer and then review which suppresses the drive is a drive in his own. So I in the psychoanalytical perspective is the gimcrack of the drives, or as Freud said, (I) is not master in his own house" [2].

Frankl presented height psychology including human passions and higher desires of the man. That in the special sense covers human’s will to meaning more than Freud’s pleasure seeking and Adler's power seeking. “It is true to say that height psychology is just an essential supplement for depth psychology to be an alternative. The difference between height psychology and depth psychology is in that depth psychology focuses specifically on human phenomenon” . In Frankl's view, if we don’t consider human potentials which have top ideals in its being, we will be thrown by drives to lower points. If the human capacities and capabilities thrive in the best way at first we should believe their presence. Logo therapy by encompassing transcendent ideals, rises the concept of human development and his ability to achieve a meaning and growth of meaning and saves the person against mechanical concept of human and depletion of drives. "Unlike psychoanalytical concepts, man is not a driven creature and acts irritated by drives, but by the interpretation of Jaspers, decides what to be and what to do.

In my view, human is responsible in beings aspect. Responsible for its existence. Human only when has a genuine being that don’t be stimulated with drives and be responsible. The genuine existence of human is there that a person decides by himself than be captured with drives “.
**4-Will to meaning as a progressive approach:**

Frankl knows the essence of human existence in self-transcending and introduce human because of this reason as a self-transcendent creature. Self-transcendence is one of the spiritual needs of the man, and in fact other explanation of the will to meaning. According to Frankl opinion, our main motivation in our lives is in searching for meaning, not for ourselves but for the meaning and this issue needs to forget the self.

Healthy person pass the border of self-notice and went up. Being fully human means to join someone or something beyond the self. Noticing the self is induced loss of the meaning and purpose [7]. Frankl knows Self-actualization as side product of transcending. "A human existence, at least not until the turmoil and neurosis is always focused on something or someone other than himself, whether something or someone be a meaning to achieve or another human who is liked.

I called this strong attribute of human existence as transcendence of their own or self-transcendence. Self-actualization or self-realization is unintended byproduct of the excellence of the self“ [1]. In This view, Frankl stands in opposition to theorists such as Abraham Maslow who know full development of human as intention or motivation to fulfill it. Frankl's denied man's attempts to establish any internal state or condition, whether for power and pleasure or self-actualization and believes. Such a theory draws man as a closed system that doesn’t have desire to establish reciprocal relationships with real world and people and only is engaged to himself. Frankl’s major disagreement with the principle of pleasure and self-passing of human motivations is that this principle is always self-breaker. The more a person is seeking happiness, the more joy escapes from him. This vision that many professional philosophers have called it hedonic paradox caused that Frankl would say (can not seek happiness, joy comes in the wake of man), so enjoy isn’t the ultimate goal, but rather is the result of a search for means. [9]

**5-Discover the meaning:**

In Frankl’s view, will to meaning is not a faith, but is a fact and is an existential truth that many experimental tests proved it, meaning is not just a vision but a reality that has shaped itself as real and personal circumstances. “Will to meaning isn’t just a mere opinion but is an objective truth, as well. Many individuals experimentally and statistically analysis confirmed and gave value to it.

James Krambafl life purpose test and Elizabeth Lucas meaning test, are applied for thousands people and also computer data left no doubt that the will to meaning is a real issue.

Similarly, researches were done by Kratochwil and Pelanva from the Department of Psychology University of Brno Czech and Slovak provided evidence showing that will to meaning truly is a special requirement that is no longer relegated to other levels and existed in all humans by high or low degree. ” [3]

Frankl believes the meanings are real. We have existential vacuum, not because this meanings does not objectively exist but also because the constant presence of them cannot be seen any more. Logo therapy doesn’t create imaginary meanings and values, because they cannot do it, however, helps sickly individuals to refined lost meaning. [11]. In Frankl’s view we don’t counterfeit the meaning, but it's something that should be explored and discovered. In each opportunity possibilities are existing. The meaning discovery is the sudden awareness of a possibility of a reality. "If we say the meaning should be found is similar to say the meaning is something that must be discovered, not invented. This issue in turn is equivalent to saying that the latent characteristics or quality of the locations and positions are objective qualities. Thus it becomes clear that meanings are not objective, based on an experimental foundations and aren’t purely subjective matters (introversive). “[2].

Frankl rejecting the existentialist view based on counterfeiting of meaning writes: "The topic is the subject of discussion and debate of some existentialist thinkers who does not know human ideas more than something which made by a man and, according to Jean-Paul Sartre, man is builder, architect and designer (element or essence) of himself, in other words we can say that human determine his nature as it is and as it should be.

Although I believe that the meaning of our existence isn’t built of our own, but we are searching it. “. Frankl believed that if the meaning was fabricated by ourselves was not ultra-progressive and acquisitive and was not able to take up the man and force him to study something, the meaning should be found not to be forgiven.

**6-Meaning of life:**

Analytic philosophers consider the meaning of life as (purpose), (value) and (function) of life and the subject of any theory of the meaning of life is known as one of the above meanings. The purpose of life goal means a goal of a creature who doesn’t have science and determination, to be attributed to him. He in regard of that the value of the lives of every human isn’t at the same level, divided it into a moral values of life, the values corresponding to a life with happiness and a meaningful life values appropriate to life. In their view, meaning of (function) with the meaning of (purpose) are closely related and the questions of function of something means the questions of role of this thing that plays to realize the goals and plans of a larger collection. [12]

In Frankl perspective, “meaning of life isn’t an abstract concept or a specific and standardized issue. The meaning of life of each person is his mission and special duty in life. The task that is given proportional to his
abilities.” [3]. Accordingly, as the duties of one's life is completely tangible, objective and unique his meaning of life is real, tangible and special, as well. "The person is the only responsible for his life, only he can answer the questions of life, the life that just he is responsible about it.

According to Frankl, the best means gained when the person knows the best thing to do in the situation, each situation requires a new and different answers. Because of everyone has his own fate because of his duties and he must find a way to meet them, similarly, the meaning of life for us is that we have our own. And when we face a different situation, we may be forced to find a different meaning for life. Some things forces us to actively shape our destiny, we sometimes must accept it and sometimes should draw our cross on our backs. [7]

Frankl believes that questions about the meaning of life should return to himself namely the person shouldn’t ask what the meaning of life is, but he must know that he is asking for. "The question facing us is life itself and we must be accountable to answer the need for action and response it (in here and now). What always lies in our answer is the exactness of person and objectivity of situation that person is involved in it. In this way, we are always responsible for supervising the person and for monitoring the situation” [1].

According to Frankl attitude, the meaning of life under any circumstances can be achieved. "Tests and statistics show that (gender, age, IQ, educational background, personality, culture, religion, etc.) can make finding the meaning in life or accomplishing it in a particular situation or problem, easy or difficult. However, the fact remains that the meaning in all circumstances, even in the worst imaginable conditions, is achievable “.

Frankl pointed out this quote from Nietzsche (who has a why in life, would be compatible with each how), can’t find a reason to continue living without meaning. In other words, meaningful life is not only for mental health but also in critical conditions necessary to sustain life. "Searching for the meaning of life represents a measure of humanity and human mental health, while meaninglessness and purposelessness show emotional maladjustment. According to Albert Einstein, a person who considers his life without meaning is not only sad but it isn’t also appropriate to continue living ... survival depends on (for what) and (for who). (Ibid, p 29 and 30).

7-Meaning compared with value:

Meaning for each one is unique and special of his way of thinking, and will vary from a person to another one and moment to moment. That's why it can be called specific meaning or instance. Meanings refer to unique situations and cannot be lent to another. Find the meaning is very personal and unique. In contrast of meanings, there are values, which are popular and ubiquitous. Countless people have experienced situations with similar ways that they show them. What is perceived significant in such case, are in standard positions. People find world and ubiquitous meanings which Frankl defines them as values.

In other words, there is a talk about inclusion and universality of meaning, thus the values are abstract concepts that based on meaning experienced by many people [6].

Frankl writes about difference between the meaning and value: "The meanings are about unique situations and for same reason, people who face it are unique. In contrast of meanings which are unique, the values in the sense that all components of this or that group are shared, the overall dimensions are more or less universal, I even define values as general semantics. However, they are welcome to change their own and more importantly, the current decline of tradition affect them.

Traditions and values usually collapse, are on the wane, but the meanings are not transmitted by traditions because, unlike values that are general and public meanings are unique “ [2].

Frankl although accepts the threats of values with modernity, but argues that even if all value be demolished, life could keep its meaning, because life's situations are unique "it may be said that instincts are transmitted through genes and values through traditions, but given that the meaning is exclusive for everyone; as a result, everyone finds their special meanings. The person should seek and find his meaning and discovering the unique meanings to the extent of our perception, even if the whole world values disappear, will be possible “. Wang believes that this notion of Frankl about values is similar to categories or classification aspects of Kant and each one has a specific meaning. Thus each experience of meaning is the realization of values, however, these values may be hidden, we be aware of them or is needed to be aware about it by analyzing the existence. So as Frankl says the meaning of our existence is not invented or counterfeited but it's something that can be discovered through values. [6]).

8-Meaning classification within values system:

Frankl classified discovered meanings of human life through three value systems and so presents the obvious solution and approach to the human willing to meaning. "The meaning of life is constantly changing, but it will never fade. Thus, by method of logo therapy, meaning can be found in three ways: by doing something worthwhile, by sublime valuable experience such as love and bearing pain and suffering” [1]

In Frankl view, the meaning of life is realized in three ways, and each one is corresponding to one of the values. Creative values, experimental values and attitudinal values. Creative values are perceived with generating and creative activities and usually refers to a type of work that can be revealed in all areas of life,
such as creating an art. Experimental values are in terms of experience that life gives us and this embracing is meaningful as creativity. The values in Frankl view is absorbing in the beauty of nature or art worlds, understanding the other by love . . . Frankl believes even a moment of the peak experience value can make life full of sense, it could be said that this determining factor, isn’t the number of peak experiences or their duration, but it is the intensity and depth of the experience. [7]. Attitudinal values are the product of our attitude to life. When conditions are unchangeable such as incurable disease it is possible to choose attitude and how to deal with. The most famous Frankl example is suffering. “When a man is faced with an inevitable situation or unchangeable fate, he has the opportunity to find the highest value and the deepest meaning of life, namely suffering. Suffering is best available portray of human existence value and what is important is the man’s style and manner to suffering and the way he bears it. “[1].”Suffering makes a man to be active and causes his growth and maturity” . Situations that demand the attitudinal values are which that transforming or avoiding of them isn’t possible namely immutable condition of fate. When facing with such a situation the only reasonable way to answer is accepting it. A way we accept our fate, a courage we show in suffering and dignity in the face of adversity, is our ultimate test of our success as a human.

Frankl by offering orientating values as one way to give meaning to life, gives us the hope that human existence even in the most painful situations can find meaning and purpose. [7]

Some experimental workshops with help of some methods, encourage individuals to speak about the meaning of life. Most of the questions in this regard are about objectives such as altruism, hedonism, sacrifice in the way of an objective, self- transcending, creativity and self-actualization. Many feel that if they can pass on their own and be directed to something external such as love of a goal or an individual or God, absorb deeper and stronger importance. [10].

9-Dimensions of human existence:

Frankl considers the man as a unified body composed of three dimensions: physical, psychological and spiritual, the first two dimensions which are closely related called the psychosomatic. Freud, Adler and Jung contributed significantly to the understanding of these aspects, but ignored the spiritual aspect which distinguishes the human being. The emphasis of logo therapy is on the spiritual dimension of meaning. Frankl believes that as we are aware of our instinct unconscious we are aware of our spiritual unconscious, too. In this sense, the spirit gets out from the ventricle of unconscious mind. [6]. In the physical dimension, human is captured with his cell, body and hereditary function, claim that external factors such as viruses etc. threatens him. Psychological aspect deals with emotional-cognitive and social aspects. Frankl put spiritual and intellectual dimensions beside of physical- psychological dimensions. He does not discuss about spirituality in a religious sense.”

Human always is subjecitivity individual. A man as it always is, turns around and focus on a core, and the core is not just a factor, but is the center of spiritual activity as well. I say this spiritual private core is surrounded with psychological layers. Human in this sense turns around existential, personal and spiritual core and not only doesn’t find individuality but also finds the unity and integrity. Thus, the spiritual core and only the spiritual core creates unity and integrity in the human’s being and guarantees it. Integrity in this context means combining and integrating aspects of physical, mental and spiritual. No exaggeration to say that the integrity of trilogy existence completes the human.

No justification isn’t accessible that merely say that a human as a whole (physical - emotional) escapes from our hands “[1].

Frankl considers difference between different aspects of the ontology, into account that this is the higher or more surrounding dimension and covers the lower. “As biology lies in psychology and psychology lies in psychiatry and psychiatry lies in theology, yet these three dimensions of human being is the same too.” (ibid, p.28). Frankl’s revolutionary idea that the human body and mind might be sick, but the spirit remains intact, derived from his personal experience in Nazi death camps.

But what connects man to his logic root? Frankl knows the power of the human spirit as an unveiling and connecting factor to the intellectual part, ascending factor to adverse effects of situations, the diseases or someone past. In Wang opinion, conceptualization of the human spirit is as a source of inner mental, helps Psychotherapy goals and can assist individuals in coping with life stress [6].

10-Spirituality:

Frankl considers spirituality as the same human dimension and wisdom-burned. “The term (spiritual) or spirituality is applied regardless of religious content or any religious signification and refers to that the we specially deal with human phenomenon, unlike the phenomenon that is common between us and animals, in other words, spirituality is the same human dimension of human existence” [1].

The definition of spirituality concept is difficult and impossible with the material terms and spirituality origin is not the material world, although it can be affect from the material world and have material demonstrations but perhaps it is better to call as the soul or spirit [7]. Spirituality involves non- material
characteristics of life that is completely distinguished and tangible from physique or other material affairs. Spirituality means the feel of connection with other transcendental creature and out of personal being. The creature that can provide meaning and purpose to one's life and in its shadow the meaning reaches inner peace and comfort, this transcendent being is not necessarily God. Thus, the spirituality is a universal concept that religion (relationship with God) can also be a part of it.

Spirituality sometimes was as an aspect of religion and the path to a deeper connection with God, but today, for somebody God is not the only goal of the spiritual search but can be one of the ways to seek spiritual possible. Search. In Frankl view, spirituality appears in the search for meaning and is the central feature of the human and in its way, conscience, love, and aesthetic conscience is unyielding.

In other words, the spirituality in phenomenological aspect is revival in Self- Consciousness, but its origin is the spiritual unconscious, He knows spiritual unconscious as spiritual root and the beginning of all consciousness and defines spirituality as human dimension of human and does not pose it as the religious meaning [6]. In Frankl's view, spirituality is the way to achieve meaning, namely the meaning and will to meaning's origin is from the heart of this human attribute and achieving a healthy life and full of peace and tranquility, can't be conducted except by way of meaningful life. [19].

11-Freedom and Responsibility:

Freedom is an existential issue and has phenomenological origins, “freedom as a human phenomenon is unique to humans. Human freedom is bound to external conditions, but it did not take him completely under the domination and human is free and autonomous to take appropriate pose against these situations and conditions. Human freedom is the reason of his ability to separate himself from his own "[3]. Frankl says although we are exposed to external conditions that affect our lives yet we are free to choose our response to this situation. These forces can transform our position, but we are free to choose our place to deal with them. This issue finally gives us freedom to pass situations and the fate [7].

In Frankl perspective, three factors are the essence of human existence: spirituality, freedom and responsibility [13]. "Freedom is not the last word or the whole truth, but only part of the truth. Freedom is the only negative aspect of this phenomenon, the positive aspect is responsibility.

If freedom does not lie within the responsibility framework, will be exposed to the decline" [1]. Frankl believes that " each freedom has two dimensions: freedom (of something) that is the stimulation driven from rives and other (focused on something) which represents responsibility and the conscience"

Frankl, emphasizing the relationship between accountability and transcendent consciousness attribute writes: " to explain freedom, given the quality of human reality would be useful, but to explain his responsibility, transcendental quality should be envisaged "(ibid, p 71).

According to Frankl, "Most human responsibility is his accountability to his conscience"

If we want mental health, we should achieve our freedom of choice. Those who do not experience freedom or dogmatically believe in determinism or are severely neurotic. Neurosis close the way to realize their full human potential and thus complete breeding up but it is not enough that we feel that we have freedom of choice, but must accept responsibility for our choices. Acquiring and applying of spirituality, freedom and responsibility is with us. Without them is not possible to find meaning and purpose in life. In fact, we have only ourselves to choose [7].

12-Religion:

Frankl considers spiritual court and dimension of human as a unique phenomenon and through it defines religion. "I would define this person phenomena as a human’s will to meaning. According to this definition (religion is searching for ultimate meaning in life) Albert Einstein defined religion as the answer to the question of the meaning of life and later Wittgenstein wrote: " (Belief in God is to understand that the life has meaning) " [1]. Religion is the result of something that I have called it the most human phenomenon of (will to find meaning) and now we can say that religion has emerged to satisfy what we can name it (the will to achieve the ultimate meaning) [16].

Frankl finds the desire for meaningfulness as the transcendent significance in religion and believes that in the depths of the unconscious, there is a strong and deep-rooted religious feeling and religion in its true sense is the human struggle to find ultimate meaning of life. According to Frankl, the religious feeling cannot be imposed ones, religious being is something spontaneous. Religion like faith, hope and love is totally optional, internal and personal, and that's why man is accountable against it.

"Religion is a human phenomenon and totally personal and based on human freedom and human accept it completely intentionally. If we know the religion instinctive issue, or from the collective unconscious, then there won’t be the deciding factor, while the religion includes the most personal decisions of the man, though at the level of the unconscious " [2].

Based on a particular interpretation of the Mettle theory it can be said that nature of religious feelings, in Frankl view, are inherently inbred, namely religion isn’t a secondary issue that obtained through a special
process but is rooted in the human inside. "The entire religion is always going in the pre-established ways and plans to develop, although these are not the Jung's archetypes that are rooted in the collective unconscious case, but also a certain cultural form that personal religious being flows in them.

These templates are not transferred biologically, but because the world of traditional symbols prevalent in every culture go hand in hand. This world of institutions isn’t burnt in our existence, rather, we are born there, thus, there are religious types waiting that the man attract their existence.

Namely makes it his own, but something serve the purpose is not archetype, but the prayers of our fathers, our customs and rituals nickname, revelation, and revelation of the prophets and examples of saints and righteous, that have been put in place. Culture, provides the traditional formats to fill it with lived religion. No one is forced to invent God. On the other hand nobody carry God as an inherent archetype” [1].

In Frankl’s view, religion and faith subjects isn’t contingent to any condition or obligation and in hardships intensifies “apparently religion isn’t moribund and God is not dead, too, faith in God is unconditional or do not faith at all ...

This issues is right even after bearing concentration camps, as a small fire kills off with storm while it extends when is massive fire, so poor faith in bad conditions and adversity becomes weaker, while strong believers find strength in adversity and difficulties “(ibid, p 30).

13-God:

Frankl’s concept of God are more general than limited notions that many believers and people have. He explained the concept of philosophical and theological and characteristics of God and opposed conceptual understanding and emphasized on the individual relationship with God,

This close relationship with God related to faith, love and the will of the individual. According to Frankl's view the concept of religion in the broadest possible sense certainly is beyond of narrow terms of God, as many religion sectarian and institutional representatives promote it.

"They often describe God as being that if we don’t say is humble, primarily is engaged in the greatest possible number of adherents believers it as a series of tenets

We are said that just believe then everything is set, but alas, this mindset is not only based on the distortion and manipulation of any proper concept of divinity, but even more important doesn’t go to any place and doomed to failure “[1].

In Frankl view, if the religion wants to survive have to be deeply personal and avoids sectarian and group tendencies. "For the people to have faith in God it is no possible to just rely on a particular religion's sermons and guidelines but at first it must present a believable image of God in the first and invite to reliable and credible behavior.

Many religious representatives behave as if their main task is ignoring or pushing aside other sectarian groups and other denominations“(ibid, p 175). Frankl believing in religion unconscious, looks at religiosity as the approach that has been elaborated in three steps.

“Firstly, this phenomenological reality appears in consciousness that the human is conscious and responsible creature and aware of his responsibility. Secondly unconscious Logos (unconscious Word or God) by exploring the spiritual unconscious also appears in instinctual unconscious. And in the spiritual depths of the unconscious, the great existential choices are made. Third, the existential analysis of the spiritual unconscious is revealing that religion is unconscious, the unconscious religious that revealed nature with the help of phenomenological analysis should be a hidden relationship lies with the transcendental issue or transcendent being of human nature”(ibid., p 77 and 78).

7If such a person calls this autonomous reference as God, its suitable to speak about the unconscious God, However, this in no way implies that God himself is unconscious but it means that God maybe is unconscious for the human or the relationship between an individual and God is unconscious. The concept of the unconscious God is in relation to hidden relationship with God refers that is hidden itself “(ibid, p 79).

Frankl writes about misinterpretation of unconscious God:

"The word of unconscious God should not be misinterpreted that unconscious is divine, itself. Unconscious only related with the divine. The man’s unconscious relationship with God does not mean that God is within us by the way, unconscious doesn’t have omniscience of God and is an existential and person not an innate factor, religion requires most personal decisions of the man, even if only be on an unconscious level "

Frankl has focused on the personal relationship of man with God, "God is helper and doublet of the most innermost of our loneliness of our soul, in the other words, when you finally speak truthfully to yourself in the privacy and solitude, it is something that you can address and relate to feasibility of God “(ibid, p 176).

14-Conscience:

Frankl applies conscience phenomenon as a model to explain the spiritual unconscious. Conscience is one of the main aspects of spiritual consciousness and in fact the unconscious core of human existence that helps him to respond to the questions of life and find meaning and purpose of life and accept responsibilities.
Frankl, knows the conscience as the center on at headquarters and the director to find the meaning. He recognize the conscience as a phenomenon that cannot be reduced and as the source of ascendency [6]. According to Frankl, meaning should be found and can’t be forgiven and must find it as the conscience of the individual.

Conscience can be considered as a tool to discover or get the meanings. Conscience makes it possible to achieve the plans and the overall and unifying missions of meaning that embedded in all unique situations in life. Because of the consciousness is driven from existence, it isn’t result of thinking and refers to unconscious acts, then the conscience is irrational, illogical and pre-logical and a pre-moral understanding of the meaning. "Just as there is a pre-logical understanding of the universe logic and this understanding related to conscience, pre-moral understanding is prior than any understanding of values and therefore not require ethics" [1]. In any situation what conscience tells is the most correct answer to that status, and conscience answers are intuitive and unreasonable because, the process is not logical thinking. "If we ask ourselves why conscience acts is necessarily irrational then we have to consider the fact that what is apparent in consciousness is what is existent but what comes out of the screen from conscience isn’t something that is existent but is something should to be. Something that should be isn’t real but is something that should be realized, it is not feasibility but just a possibility "(ibid, p 50).

Frankl believed that the contents of consciousness is probability that must occur, but they have not became the actuality and certainty than they are unconscious and through intuition and revelation must be realized and transform to the reality, hence, Frankl knows conscience same as love.

"Conscience because of being non-rational and non-conscious is similar to love, because love is direct and intuitive understanding of the unique and latent capacity of leman and unrevealing the potential that lies in lover and he shall bring it to reality"(ibid, p 50).

"These two phenomenon, conscience and love are the most wonderful aspects of the unique human capacity namely self-improvement or self-transcending. It means that the man in order to meaning or another human gives excellence. I believe that the love is the human ability that gives him strength to understand the uniqueness of others.

The conscience is also an ability which forgives the ability to understand the meaning of a situation in its uniqueness and what is unique in final analyses of the meaning".

Conscience as a fundamental part of the human spiritual unconscious is not only a psychological reality but also expresses his relationship with a transcendent source. All human inherently have hidden relationship with the transcendent source, in other words, the conscience is an interface between human and transcendent source that gives him a voice, so because of the conscience is supreme voice, then is also transcendental quality, as well as.

In Frankl’s perspective, understanding the characteristics of conscience isn’t possible without realizing its transcendental origin. Conscience is perceivable just In connection with the origination of its transcendental source. Conscience is like a human navel, if considered as an isolated phenomenon is meaningless, but referring to its role in the birth and history of the concept and value of the member outside the body (the mother) it becomes clear, conscience also is understood in relation to his noble origin" (ibid , p 71).

In Frankl’s view, the man can’t be his legislators and issues a decisive and determinant rule. Because an unconditional and absolute command only in relation with transcendent source can be eligible. “Unconditional and absolute quality of it has established link with transcendental quality, this transcendental source is both legislature and reference of response, is outside of human existence, and through his conscience be associated with it, not only human freedom but also his responsibility need an ultimate references and this ultimate existentially is prior than human’s responsibility and intention “(ibid, p 75).

Frankl knows the connection between conscience and the transcendental origin outside the scope of psychology and theology, cosmology and related topics that such a reference can be called God, "Believers do not see any reason in reference to the transcendent issue or transcendental being, do not use the word of God" (ibid, p 73).

Since every situation is unique and unparalleled opportunity for human, conscience understanding is a personal, tangible and unique matter, since, living in accordance with conscience is in individual level conscience and aware of the full facts of any situation. "Conscience is able to coordinate the generally accepted moral law (eternal) with the situation that completely involves a person. Life on the conscience always meant to live on a very personal level and awareness of full objectivity and tangibility of every situation "(ibid, p 52).

It looks that Frankl looks at religiosity as an important factor in mental health. Although he did not stipulate to this matter, however, implicitly presents noble origins and response characteristics of the conscience human as the religious attributes. A man with a good understanding of his relationship with the transcendent source, is responsible to respond to that metaphysical reference.
15- Ultimate meaning (ultimate):

Frankl on Existential Analysis, discovered the spiritual unconscious as an exclusively human phenomenon that is the origin of human phenomena, in addition, showed another unconscious as part of the spiritual unconscious indicated that is the origin of the phenomena that not only is human but also over-transcendent.

Matters such as conscience and religion is rooted in the unconscious transcendental. "The religious nature of the unconscious, which revealed by our phenomenological analysis must be known as a hidden relation which is the transcendental nature of man. However, if we want to formulate it we are faced with something that I call it transcendental unconscious that is a part of the spiritual unconscious “ [2].

Frankl ignoring the efforts of Freud and Jung to find collective and sexual unconscious that is merely the this-side experimental analysis, by presenting spiritual unconscious looks at the other horizon of the spiritual dimension of human which is spiritual-ethereal and the sublime and transcendental issues as will to meaning, love, freedom, authority, responsibility, conscience, seeking immortality . . . articulates them as standing on this lofty realm, which its roots are deep in the unconscious. "Some of the existentialist philosophers believe that life is meaningless and must endure the emptiness and meaninglessness of life while we should logically accept our inability to understand the ultimate meaningless, because the meaning is deeper than logic and reason”.

In this pre- logical understanding of human existence and pre- morality understanding of meaning it’s possible to consider two aspects of the meaning of an intuitive understanding, "Existential self—recognition has actually two aspects, pre-logical understanding and pre- moral understanding of meaning. However, in some cases, both sides are driven, but neither of these two aspects of the Induction due to subside oriented philosophies about life, or any negligence leads to nihilism and reaction that would provoke extreme pessimism are not compatible ... there is a point where existence and meaning is combining and that is why that pre-logical understanding of meaning is rooted in the pre-logical understanding of existence and the both combining with existential self-recognition,”.

Frankl considers two levels of meaning, present meaning or moment (especial) and final (ultimate) or trans- sense [6]. Frankl's intended meaning encompasses a broad concept that can be classified in two categories: meaning that merely associated to this world and meaning associated with religion. But each one also has strengths and weaknesses. [14].

The meaning is intuitive, personalized and unique which that is deeper than reason and logic and stems from the spiritual unconscious. (The ultimate meaning) is not subject of rational understanding but is existential commitment, this meaning is experienced in the highest dimension of human during the prayer, watching a show, listen to a piece of music etc.

Hence Frankl finds the most obvious example of the ultimate meaning in religion as he calls religion the discovery for ultimate meaning. “What is recognizable is not required to be unbelievable too, in fact, since the recognition leaves the scene, torch falls in faith’s hands, if we cannot intellectually understand the ultimate meaning of everything, we can find the answer existentially. Where experimental knowledge is less rational, decisions comes down “ [1].

Crystalization of height psychology can be found in the concept of Frankl about ultimate meaning, he believes that whatever meaning is broader and more inclusive, is less understandable. Infinity meaning is necessarily outside of the limited understanding, this is where science stops and intuition works, intuition is something more than knowledge. "Once we're dealing with a comprehensive and encompassing meaning, we face to a rule that I want classify it (as the meaning is more comprehensive understanding is more difficult). If it be true ultimate meaning also lies beyond the circle of our understanding "(ibid, p 167).

Frankl with regard conscience as part of a creature and transcendent phenomena who entering in the area of personal psychology, called it as an intermediary between the human and transcendent source that gives him a voice and a mean to discover the meaning and origin of excellence and the ultimate meaning. In Frankl’s view, the experimental, creative and attitudinal values are surface expressions of ultimate or transcendence meaning, he believes the meaning of our existence is not invented or falsified and values can help us to find meaning in the moment and decision making, so that by conscience we can find the depth of meaning within values which are abstract, universal and inclusive and discover that special and unique meaning and to be responsible and accountable about them.

16- Conclusions:

Viktor Frankl based on existentialism Logo Therapy School, focuses on human search for meaning and finding purpose in life as a fundamental motivation and called it intention to meaning. He believes that just meeting physical and psychological needs isn’t adequate and considers will to meaning as special requirements that cant declined to another levels. In his view lack of satisfaction of needs and capabilities of the human spiritual dimension is precondition of getting frustrated, existential vacuum and neurosis.

In Frankl’s perspective, in the era of technology and modern technologies the trend continues to the emptiness and meaninglessness is growing. His solution for the current problem is within tends to the meaning, specially ultimate and transcendent meaning, and calls the religion and religious affiliation as the human search
for ultimate meaning in life. In Frankl’s view spirituality is the way to get meaning and will to meaning is driven from this genuine human attribute and achieve a healthy and full of peace life will not be made except by meaningful life.

He emphasized on the need to explore and get a meaning within the experimental, creative and conscientious values by conscience and believes that life keeps the meaning under all circumstances, even in situations of suffering and death and until the last breath and the last minute. He stated that where intellectual understanding are disable brings the existential decision comes in and believes that the great and noble things like faith, love, freedom, authority, conscience, responsibility etc. just is crystallized in response to the spiritual dimension of human existence.

REFERENCES

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