

Experience is Encountering Connection

When We Connect, We Find Meaning



Ever felt that rush when something just clicks? That moment when scattered pieces suddenly form a pattern and life makes sense? This feeling isn't just pleasant—it's fundamental to how we experience meaning.

The Power of Connection

Connection shapes our sense of meaning. When you recognize patterns and connections in your world, you're not just observing—you're actively creating meaning.

I used to think finding my "purpose" was the key to happiness. Turns out, that's backward. The real magic happens when you notice the connections already present in your life.

What Research Tells Us

Recent studies show that people who report meaningful lives enjoy better health, fewer psychological issues, and more positive outcomes overall.

But what creates this sense of meaning?

Research from 2023 at Stanford University discovered that recognizing patterns in our environment directly impacts our sense of meaning.



In one experiment, participants viewed seasonal photographs. Those who saw the images in natural order (spring, summer, fall, winter) reported greater meaning in life than those who viewed them randomly.

Even more fascinating? When people saw photos in a pattern that wasn't completely natural but still had some order, they still reported more meaning than those who viewed completely random sequences.

Beyond the Linear Mind

Our brains love patterns. We crave coherence. But here's the catch—what feels coherent to you might feel stifling to me.

Five years ago, everything I held dear has changed. What's coherent in my life now is change itself. I found meaning not by clinging to someone else's idea of order, but by releasing my attachment to what others defined as coherent.

Meaning in life tells the individual when the world is making sense.

—Samantha Heintzelman

Experience vs. Thought

Life isn't a mental mosh pit. Experience happens when you connect with what's around you—not when you're caught in thought spirals.

Growth comes from releasing fixed ideas about purpose. It's about moving with what life brings, not fighting against it.



Finding Your Path

You don't need to discover some grand purpose to feel happy. If you can't find your purpose, maybe what you thought was your purpose wasn't right for you.

That's liberating. You can find something else or nothing specific at all. The strongest choices are those that let you enjoy your journey.



The Real Goal

For me, growth is the goal. Purpose means taking deliberate action in whatever comes up. It's about experiencing untroubled flow.

When you uncover yourself through connection, exploration, and love, you find what resonates with who you truly are.

Experience is encountering connection.

These connections shape your thoughts about who you are.

And that's where meaning lives.