

TOPIC OF THE WEEK

MYTHS TO STRIVE BY, THRIVE BY

MYTHS WE THRIVE BY

The concept of "myths we thrive by" refers to the powerful narratives and beliefs that not only shape our understanding of the world but also inspire and motivate us to pursue our goals and aspirations. These myths can provide a sense of purpose, community, and identity. Here are some key myths that many people find essential for thriving in life:

Myths We Thrive By

1. **The Myth of the Hero's Journey:**
 - This narrative suggests that everyone has the potential to embark on a transformative journey, facing challenges and emerging stronger. It emphasises resilience and personal growth.
 - Example: Many stories, from ancient myths to modern films, depict a hero overcoming obstacles to achieve greatness.
2. **The Myth of Individualism:**
 - This myth promotes the idea that personal success is achievable through hard work and determination. It encourages self-reliance and the belief that anyone can shape their destiny.
 - Example: The "American Dream" embodies this myth, suggesting that anyone can achieve success regardless of their background.
3. **The Myth of Community:**
 - This narrative highlights the importance of belonging and connection with others. It suggests that thriving is not just an individual pursuit but a collective one, where support and collaboration are key.
 - Example: Many cultures emphasise the value of family and community ties, reinforcing the idea that we thrive together.
4. **The Myth of Progress:**
 - This myth posits that society is continually improving and evolving. It fosters hope and motivation, encouraging individuals to strive for a better future.
 - Example: The belief in technological advancements leading to a better quality of life reflects this myth.
5. **The Myth of Purpose:**
 - This narrative suggests that everyone has a unique purpose or calling in life. It encourages individuals to seek meaning in their actions and contributions.
 - Example: Many people find fulfilment in pursuing careers or passions that align with their values and beliefs.
6. **The Myth of Resilience:**
 - This myth emphasises the human capacity to bounce back from adversity. It encourages individuals to view challenges as opportunities for growth and learning.
 - Example: Stories of individuals overcoming significant hardships often inspire others to persevere in their struggles.

Conclusion

Understanding the myths we thrive by can empower us to embrace our journeys, foster connections, and pursue our passions with renewed vigor. These narratives not only shape our identities but also provide the motivation to overcome obstacles and strive for a fulfilling life.

What myths resonate with you, or do you have any personal stories that illustrate these themes?



Check out these links

- Myths to Live By - Wikipedia. en.wikipedia.org
- The Myths We Live By by Mary Midgley, Paperback,
- 10 myths you may have heard from your parents - UCHHealth Today. uchealth.org
- 28 myths of modern life exposed - BBC Science Focus Magazine. sciencefocus.com
- Science needs myths to thrive - The Beautiful Truth. thebeautifultruth.org

MYTHS WE STRIVE BY

ARIA REPLIES

The phrase "myths we strive by" refers to the narratives and beliefs that drive our aspirations, motivate our actions, and shape our goals. These myths provide a framework for understanding what we value and what we consider worth pursuing. Here are some key myths that often influence our striving:

Myths We Strive By

1. **The Myth of Achievement:**
 - This narrative emphasises the importance of setting goals, working hard, and achieving success. It drives us to pursue education, careers, and personal accomplishments.
 - Example: The belief that we can climb the corporate ladder through diligence and skill.
2. **The Myth of Self-Improvement:**
 - This myth encourages continuous growth and development. It motivates us to learn new skills, overcome weaknesses, and become better versions of ourselves.
 - Example: The pursuit of physical fitness, mental health, and personal development workshops.
3. **The Myth of Contribution:**
 - This narrative highlights the value of making a positive impact on the world. It drives us to volunteer, support causes, and contribute to our communities.
 - Example: The desire to work in a helping profession or to create art that inspires others.
4. **The Myth of Connection:**
 - This myth emphasises the importance of building and maintaining strong relationships. It motivates us to seek love, friendship, and a sense of belonging.
 - Example: The pursuit of meaningful relationships, family ties, and social connections.
5. **The Myth of Freedom:**
 - This narrative values autonomy, independence, and the ability to make our own choices. It drives us to pursue personal freedom and self-determination.
 - Example: The desire to travel, live authentically, and express our individuality.
6. **The Myth of Legacy:**
 - This myth focuses on the desire to leave a lasting impact on the world. It motivates us to create, innovate, and contribute to something bigger than ourselves.
 - Example: The pursuit of creating art, writing books, or building a business that will endure.
7. **The Myth of Purpose:**
 - This narrative suggests that everyone has a unique purpose or calling in life. It drives us to seek meaning in our actions and to align our goals with our values.
 - Example: The desire to find a career that aligns with our passions or to make a difference in the world.

Conclusion

Understanding the **myths we strive by** can help us align our goals with our values, find greater meaning in our actions, and navigate the complexities of life with purpose. These narratives inspire us to pursue our aspirations and to create a life that reflects our deepest desires. Which of these myths resonates most with you, and how do they influence your personal journey? 😊

Why are THE qualities listed above defined as myths?

ARIA REPLIES

Great question! The qualities we've discussed, such as **achievement**, **self-improvement**, and **purpose**, are often referred to as myths because they embody powerful narratives that shape our beliefs, motivations, and actions. Here's why these qualities are defined as myths:

Reasons Qualities Are Defined as Myths

1. **Narrative Power:** Myths are compelling stories that convey deeper truths about human experience. The qualities we strive for often come with narratives that inspire us to pursue them, much like traditional myths that tell tales of heroes and journeys.
2. **Cultural Significance:** Just as myths are rooted in cultural contexts, these qualities reflect societal values and ideals. They help define what is considered important or desirable within a culture, guiding individuals in their personal and collective aspirations.
3. **Motivational Framework:** Myths serve as motivational frameworks that encourage individuals to strive for greatness. For example, the myth of **achievement** drives people to set and pursue ambitious goals, while the myth of community emphasizes the importance of connection and support.
4. **Symbolic Representation:** Each quality symbolises broader concepts that resonate with our experiences. For instance, the myth of resilience represents the human capacity to overcome adversity, inspiring individuals to view challenges as opportunities for growth.
5. **Timelessness:** Myths often transcend time and place, remaining relevant across generations. Similarly, the qualities we strive for are universal aspirations that many people can relate to, regardless of their background.
6. **Framework for Understanding:** Myths provide a **framework for understanding** complex human emotions and experiences. They help us make sense of our lives and the world around us, guiding our decisions and actions.

Conclusion

In essence, defining these qualities as myths highlights their significance in shaping our identities, aspirations, and the narratives we live by. They are not just abstract concepts; they are powerful stories that motivate us to strive for a fulfilling life.

ARE OUR LIVES, MYTHS?

ARIA REPLIES

That's a fascinating and profound question! In a way, yes, our lives can be viewed as myths. Here's why:

Are Our Lives Myths?

1. **Narrative Construction:**
 - Our lives are essentially stories we tell ourselves and others. We create narratives around our experiences, shaping them into coherent and meaningful accounts. These narratives are often influenced by the myths and cultural stories we've absorbed.

- Example: We might frame our career journey as a "hero's journey," facing challenges and ultimately achieving success.
- 2. Subjective Interpretation:
 - Each of us interprets our experiences through our unique perspectives, values, and beliefs. This subjective lens shapes how we perceive events and create our life stories.
 - Example: Two people experiencing the same event might create very different narratives based on their individual beliefs.
- 3. Symbolic Meaning:
 - Our lives are filled with symbols and rituals that carry meaning. These symbols, like a wedding ring or a graduation ceremony, often represent significant moments in our personal myths.
 - Example: The birth of a child can be seen as a symbolic beginning, a new chapter in a life story.
- 4. Influence of External Narratives:
 - Our lives are influenced by broader cultural and societal narratives. We often internalise these stories and use them to make sense of our experiences.
 - Example: The "American Dream" can shape our career aspirations and define what we consider to be a successful life.
- 5. Evolution and Transformation:
 - Like traditional myths, our lives are constantly evolving. We undergo transformations, face challenges, and adapt to changing circumstances, which shape the unfolding story.
 - Example: Overcoming a personal struggle can be seen as a transformative moment, a turning point in our life's myth.
- 6. Creation of Legacy:
 - We strive to leave a lasting impact on the world, much like the heroes and characters in myths. Our actions, relationships, and contributions create a legacy that extends beyond our individual existence.
 - Example: A writer might create a body of work that influences generations, leaving behind a lasting legacy.

Conclusion

In essence, our lives are like personal myths. We create narratives, interpret experiences, and strive to find meaning and purpose within the context of our individual stories.

What do you think? Does this perspective resonate with you? Do you see your life as a myth? 😊