

What are your feelings, observations or questions?

Soulsailer – The Quest for Meaning

(GERMANY 2021, 43 minutes, directed by Christof Wolf)

Location: Germany, Aegean Sea

Why do some people manage to implement even difficult-to-realize life plans, but others do not? What does it take to be successful and happy? Are talent, external life circumstances and lucky coincidences decisive, or are there other factors that are more important? Philosopher Godehard Brüntrup accompanies Tamara Dietl (author, coach), Moritz Stahl (saxophonist) and Katharina Klein (actress, clown) on their search for a meaningful life.

Suggested Questions

- Which of the main characters Tamara Dietl (author, coach), Moritz Stahl (saxophonist) and Katharina Klein (actress, clown) appealed to you most? And why?
- “Mentally, we are always on the move, like a ship on the sea whose destination and direction have not yet been finally determined. The question is: who is in control of this ship that makes up my life. Aristotle thought that the soul steers the ship. But is that really so?” Who is in control in your life? What would you like to change? What can you change? What do you absolutely not want to change? Why?
- “The philosopher Seneca once said, ‘He who does not know the port to which he is sailing, no wind is a favorable one for him.’ So the sailing ship is a beautiful metaphor: the wind in the sails, that’s our drive, our energy, our motivation. The steering wheel represents the mind. If we know where we want to go and also have the right wind of passions, then the lifeboat plows through the waves.” How and where is my lifeboat going? Do I know a port, do I have a goal in life? What motivates me? What doesn’t? Why?
- “These three motives - the relatedness motive, the power and autonomy motive, and the competence motive - these three motives are recognized by modern psychology as universally encounter-able in all people.” How would I weight the three motives for me? Why?
- “Life is a long ride. Sometimes we experience moments of lull, of lack of drive. Even in these phases, when we don’t feel motivation, we have to stick to our goals. Only those who have this persistence will reach the goal in the long run.” Do I know such phases in my life? What has helped me to move forward again?
- Tamara tells the story of Viktor Frankl about the three masons who were tapping stones to build a cathedral: “A hiker comes along and asks the first one, ‘What are you doing here?’ He says, ‘I’m tapping the stones for the cathedral.’ And the second one says, ‘I’m making the money to feed my family.’ And then he comes to the third one and says, ‘What are you doing here?’ And he looks at him and says, ‘I’m helping to build the house of God.’ That’s a very simple picture, the three of them are all doing the same thing. But they each have a different attitude toward what they are doing. And the third is the one who has understood, in quotation marks, so to speak, what this doing beyond oneself means, how it leads to the greater, which is greater than one’s ego.” In what situations in your life might you be one of the three masons? Why?