

From Darkness to Light

In 1884, James Wells, in his book *"The Parables of Jesus"* tells the story of a little girl carrying a big baby boy. Seeing her struggling, someone asked if she wasn't tired. With surprise she replied, "No, he's not heavy; he's my brother."

This phrase became the motto behind a famous home for neglected children called Boys Town and later became the inspiration behind the hit single release by the Hollies in 1969.

And here is the song. ([Link1](#) (with lyrics) or [Link2](#)).

So what is it that makes one thing a burden or misery for one person, but for another person it brings happiness and joy?

Our theme for our Philosophy week will explore this journey from being miserable to being happy.

The title of the week is "From Darkness to Light". During the week we will explore the journey from darkness to light. Or in other words moving from from anxiety, stress, misery, and boredom, depression to peace, stillness, happiness, brightness, enlightenment, enthusiasm and peace.

One thing that might help in understanding this journey are the works of a Greek philosopher called Epictetus. Epictetus was a Greek philosopher born in 50 AD initially a slave until he won his freedom. One of his most famous quotes is:

It's not what happens to you, but how you react to it that matters.

Or in other words, things happen to us, but it is not what happens that make us dark or light, happy or sad. It is how we see and interpret events that matters.

So for the challenge for this week is:

How do you move from Darkness to Light?