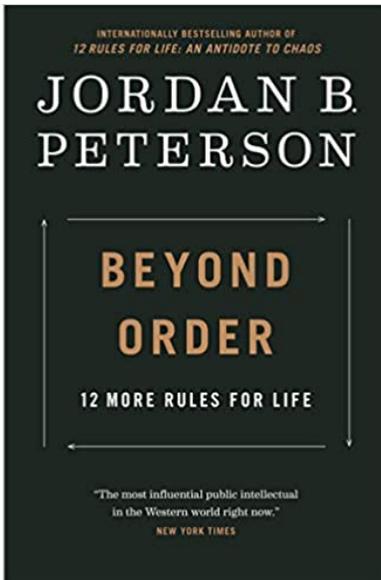


# Good But Not Religious (GBNR)

MAY 2021 - A monthly update on Keith Martin's work as a nonreligious chaplain and educator online



In March controversial author Jordan Peterson published a sequel to *12 Rules For Life* called *Beyond Order: 12 More Rules For Life*.

Here are excerpts from the chapter that most resonated with Keith. **Rule 12: Be Grateful In Spite Of Your Suffering.**

“. . . Even though I regard the inevitability of suffering and its exaggeration by malevolence as unshakable existential truths, I believe even more deeply that people have the ability to transcend their suffering, psychologically and practically, and to constrain their own malevolence, as well as the evils that characterize the social and natural worlds.” (p. 355)

“If you confront the limitations of life courageously, that provides you with a certain psychological purpose that serves as an antidote to the suffering.” (p. 356)

“You cannot properly appreciate what you have unless you have some sense not only of how terrible things could be, but of how terrible it is likely for things to be, given how easy it is for things to be so.” (p. 357)

“To be grateful for your family is to remember to treat them better. They could cease to exist at any moment. To be grateful for your friends is to awaken yourself to the necessity of treating them properly, given the comparative unlikelihood of friendship itself. To be grateful to your society is to remind

yourself that you are the beneficiary of tremendous effort on the part of those who predeceased us and left this amazing framework of social structure, ritual, culture, art, technology, power, water, and sanitation so that our lives could be better than theirs.” (p. 369)

“Grief is a strange experience. It seizes you unexpectedly. You feel shock and confusion. . . . The grief will strike you like a rogue wave. That happens repeatedly. . . . It is something that arises from the depths, and it takes you irresistibly in its grasp.” (pp. 371, 372)

“Grief must be a reflection of love. It is perhaps the ultimate proof of love. Grief is an uncontrollable manifestation of your belief that the lost person's existence, limited and flawed as it might have been, was worthwhile, despite the limitations and flaws even of life itself. . . . You grieve because something that you valued is no longer in existence.” (p. 372)

“There is a deep part of us that makes the decision, when we grieve for someone we have lost, that their existence was worthwhile, despite it all. Maybe that is a reflection of an even more fundamental decision: Being itself is worth having, despite it all. Gratitude is therefore the process of consciously and courageously attempting thankfulness in the face of the catastrophe of life.” (p. 372)

“In any familial gathering, there is tension between the warmth you feel and the bonding of memory and shared experience, and the sorrow inevitably accompanying that. You see some relatives who are in a counterproductive stasis, or wandering down a path that is not good for them. You see others aging, losing their vitality and health . . . And so you make the same fundamental decision, when you join communally with your people, that you make when you grieve: ‘Despite everything, it is good that we are together, and that we have one another.’” (pp. 372, 373)