

The meaning of hope

Hope is a feeling that expresses itself in several forms and influences people's mental states in varied ways; all of which however tend to be positive. Hope is a psychological tool to inspire people to imagine what they like to see happen in the future or to visualize the kind of world they wish to live in. Hope could be just a feeling that something good or exciting is about to happen, which usually makes people optimistic. Due to such a feeling, people are motivated to act with confidence to change things they often do not like.

Nevertheless, hope could be an attempt to escape a reality people live in for an imagined one they like more, but has little or no chance of being realized. While attempts to escape reality are often helpful; they are more likely to lead people to do nothing, feel helpless and accept being subjects rather than objects of change. In contrast, hope that leads people to act and pursue things they wish to have is more likely to strengthen their self-confidence and cause positive change to happen; giving people more reasons to live and enjoy life.

Change, however, is a complex social process that no person can accomplish without the active participation of other social actors; societal and organizational change in particular requires wide cooperation and coordination. Even an attempt to escape a bad reality to an imagined one needs other people's cooperation; it requires that people close to the one who wishes to escape reality to accept him the way he is, and tolerate seeing him live in a world of imagination that does not exist except in his head.

Every life experience we go through as human beings is a shared experience; we share it with other people; with animals we like; with nature; even with our ancestors via our memories. No life experience can be fully lived without interacting positively and otherwise with many components of the natural and social and technological aspects of our environment.

People who wish to make others feel optimistic should try to hide their fears; they should keep such feelings to themselves and share their courage and accomplishments with others. By

so doing, they show others they care for how to face life's adversities with confidence and give them a good reason to be hopeful.

Hope therefore is a deep feeling that rejects life conditions perceived as bad; a motivating force that makes people look forward to better times to come; an act to escape a perceived bad reality that postpones action, or a call for action to create a new, more favorable reality.

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