

Man is Condemned to Be Free

by Jean-Paul Sartre

from the lecture, "Existentialism is a Humanism" (1946)

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Existence Precedes Essence

... we can begin by saying that existentialism, in our sense of the word, is a doctrine that does render human life possible; a doctrine, also, which affirms that every truth and every action imply both an environment and a human subjectivity. ... [A]t bottom, what is alarming in the doctrine that I am about to try to explain to you is – is it not? – that it confronts man with a possibility of choice. To verify this, let us review the whole question upon the strictly philosophic level. What, then, is this that we call existentialism? ...

The question is only complicated because there are two kinds of existentialists. There are, on the one hand, the Christians, amongst whom I shall name Jaspers and Gabriel Marcel, both professed Catholics; and on the other the existential atheists, amongst whom we must place Heidegger as well as the French existentialists and myself. What they have in common is simply the fact that they believe that *existence* comes before *essence* – or, if you will, that we must begin from the subjective. What exactly do we mean by that?

If one considers an article of manufacture as, for example, a book or a paper-knife – one sees that it has been made by an artisan who had a conception of it; and he has paid attention, equally, to the conception of a paper-knife and to the pre-existent technique of production which is a part of that conception and is, at bottom, a formula. Thus the paper-knife is at the same time an article producible in a certain manner and one which, on the other hand, serves a definite purpose, for one cannot suppose that a man would produce a paper-knife without knowing what it was for. Let us say, then, of the paperknife that its essence – that is to say the sum of the formulae and the qualities which made its production and its definition possible – precedes its existence. The presence of such-and-such a paper-knife or book is thus determined before my eyes. Here, then, we are viewing the world from a technical standpoint, and we can say that production precedes existence.

When we think of God as the creator, we are thinking of him, most of the time, as a supernal artisan ... so that when God creates he knows precisely what he is creating. Thus, the conception of man in the mind of God is comparable to that of the paper-knife in the mind of the artisan: God makes man according to a

procedure and a conception, exactly as the artisan manufactures a paper-knife, following a definition and a formula. Thus each individual man is the realisation of a certain conception which dwells in the divine understanding. ... Man possesses a human nature; that "human nature," which is the conception of human being, is found in every man; which means that each man is a particular example of a universal conception, the conception of Man. ...

What do we mean by saying that existence precedes essence? We mean that man first of all exists, encounters himself, surges up in the world – and defines himself afterwards. If man as the existentialist sees him is not definable, it is because to begin with he is nothing. He will not be anything until later, and then he will be what he makes of himself. Thus, there is no human nature, because there is no God to have a conception of it. Man simply is. Not that he is simply what he conceives himself to be, but he is what he wills, and as he conceives himself after already existing – as he wills to be after that leap towards existence.

Man is nothing else but that which he makes of himself. That is the first principle of existentialism. And this is what people call its "subjectivity," using the word as a reproach against us. But what do we mean to say by this, but that man is of a greater dignity than a stone or a table? For we mean to say that man primarily exists – that man is, before all else, something which propels itself towards a future and is aware that it is doing so. Man is, indeed, a project which possesses a subjective life, instead of being a kind of moss, or a fungus or a cauliflower. Before that projection of the self nothing exists; not even in the heaven of intelligence: man will only attain existence when he is what he purposes to be. Not, however, what he may wish to be. For what we usually understand by wishing or willing is a conscious decision taken – much more often than not – after we have made ourselves what we are. I may wish to join a party, to write a book or to marry – but in such a case what is usually called my will is probably a manifestation of a prior and more spontaneous decision. If, however, it is true that existence is prior to essence, man is responsible for what he is. Thus, the first effect of existentialism is that it puts every man in possession of himself as he is, and places the entire responsibility for his existence squarely upon his own shoulders. And, when we say that man is responsible for himself, we do not mean that he is responsible only for his own individuality, but that he is responsible for all men.

The word "subjectivism" is to be understood in two senses, and our adversaries play upon only one of them. Subjectivism means, on the one hand, the freedom of the individual subject and, on the other, that man cannot pass beyond human subjectivity. It is the latter which is the deeper meaning of existentialism.

When we say that man chooses himself, we do mean that every one of us must choose himself; but by that we also mean that in choosing for himself he chooses for all men. For in effect, of all the actions a man may take in order to create himself as he wills to be, there is not one which is not creative, at the same time, of an image of man such as he believes he ought to be. To choose between this or that is at the same time to affirm the value of that which is chosen; for we are unable ever to choose the worse. What we choose is always the better; and nothing can be better for us unless it is better for all. If, moreover, existence precedes essence and we will to exist at the same time as we fashion our image, that image is valid for all and for the entire epoch in which we find ourselves. Our responsibility is thus much greater than we had supposed, for it concerns mankind as a whole. If I am a worker, for instance, I may choose to join a Christian rather than a Communist trade union. And if, by that membership, I choose to signify that resignation is, after all, the attitude that best becomes a man, that man's kingdom is not upon this earth, I do not commit myself alone to that view. Resignation is my will for everyone, and my action is, in consequence, a commitment on behalf of all mankind. Or if, to take a more personal case, I decide to marry and to have children, even though this decision proceeds simply from my situation, from my passion or my desire, I am thereby committing not only myself, but humanity as a whole, to the practice of monogamy. I am thus responsible for myself and for all men, and I am creating a certain image of man as I would have him to be. In fashioning myself I fashion man.

Anguish

This may enable us to understand what is meant by such terms – perhaps a little grandiloquent – as anguish, abandonment and despair. As you will soon see, it is very simple. First, what do we mean by anguish? – The existentialist frankly states that man is in anguish. His meaning is as follows: When a man commits himself to anything, fully realising that he is not only choosing what he will be, but is thereby at the same time a legislator deciding for the whole of mankind – in such a moment a man cannot escape from the sense of complete and profound responsibility. There are many, indeed, who show no such anxiety. But we affirm that they are merely disguising their anguish or are in flight from it. Certainly, many people think that in what they are doing they commit no one but themselves to anything: and if you ask them, "What would happen if everyone did so?" they shrug their shoulders and reply, "Everyone does not do so." But in truth, one ought always to ask oneself what would happen if everyone did as one is doing; nor can one escape from that disturbing thought except by a kind of self-deception. The man who lies in self-excuse, by saying "Everyone will not do it" must be ill at ease in his conscience, for the act

of lying implies the universal value which it denies. By its very disguise his anguish reveals itself.

This is the anguish that Kierkegaard called "the anguish of Abraham." You know the story: An angel commanded Abraham to sacrifice his son; and obedience was obligatory, if it really was an angel who had appeared and said, "Thou, Abraham, shalt sacrifice thy son." But anyone in such a case would wonder, first, whether it was indeed an angel and secondly, whether I am really Abraham. Where are the proofs? ... If a voice speaks to me, it is still I myself who must decide whether the voice is or is not that of an angel. If I regard a certain course of action as good, it is only I who choose to say that it is good and not bad. There is nothing to show that I am Abraham: nevertheless I also am obliged at every instant to perform actions which are examples. Everything happens to every man as though the whole human race had its eyes fixed upon what he is doing and regulated its conduct accordingly. So every man ought to say, "Am I really a man who has the right to act in such a manner that humanity regulates itself by what I do." If a man does not say that, he is dissembling his anguish.

Clearly, the anguish with which we are concerned here is not one that could lead to quietism or inaction. It is anguish pure and simple, of the kind well known to all those who have borne responsibilities. When, for instance, a military leader takes upon himself the responsibility for an attack and sends a number of men to their death, he chooses to do it and at bottom he alone chooses. No doubt under a higher command, but its orders, which are more general, require interpretation by him and upon that interpretation depends the life of ten, fourteen or twenty men. In making the decision, he cannot but feel a certain anguish. All leaders know that anguish. It does not prevent their acting, on the contrary it is the very condition of their action, for the action presupposes that there is a plurality of possibilities, and in choosing one of these, they realize that it has value only because it is chosen. Now it is anguish of that kind which existentialism describes, and moreover, as we shall see, makes explicit through direct responsibility towards other men who are concerned. Far from being a screen which could separate us from action, it is a condition of action itself.

Abandonment

And when we speak of "abandonment" – a favorite word of Heidegger – we only mean to say that God does not exist, and that it is necessary to draw the consequences of his absence right to the end. The existentialist is strongly opposed to a certain type of secular moralism which seeks to ... formulate a secular morality ... [They say] these values exist all the same, inscribed in an

intelligible heaven although, of course, there is no God. In other words ... nothing will be changed if God does not exist; we shall rediscover the same norms of honesty, progress and humanity, and we shall have disposed of God as an out-of-date hypothesis which will die away quietly of itself. The existentialist, on the contrary, finds it extremely embarrassing that God does not exist, for there disappears with Him all possibility of finding values in an intelligible heaven. There can no longer be any good *a priori*, since there is no infinite and perfect consciousness to think it. It is nowhere written that "the good" exists, that one must be honest or must not lie, since we are now upon the plane where there are only men. Dostoevsky once wrote: "If God did not exist, everything would be permitted"; and that, for existentialism, is the starting point. Everything is indeed permitted if God does not exist, and man is in consequence forlorn, for he cannot find anything to depend upon either within or outside himself. He discovers forthwith, that he is without excuse. For if indeed existence precedes essence, one will never be able to explain one's action by reference to a given and specific human nature; in other words, **there is no determinism – man is free, man is freedom**. Nor, on the other hand, if God does not exist, are we provided with any values or commands that could legitimise our behaviour. Thus we have neither behind us, nor before us in a luminous realm of values, any means of justification or excuse. – We are left alone, without excuse. That is what I mean when I say that **man is condemned to be free. Condemned, because he did not create himself, yet is nevertheless at liberty, and from the moment that he is thrown into this world he is responsible for everything he does**. The existentialist does not believe in the power of passion. He will never regard a grand passion as a destructive torrent upon which a man is swept into certain actions as by fate, and which, therefore, is an excuse for them. He thinks that man is responsible for his passion. Neither will an existentialist think that a man can find help through some sign being vouchsafed upon earth for his orientation: for he thinks that the man himself interprets the sign as he chooses. He thinks that every man, without any support or help whatever, is condemned at every instant to invent man. As Ponge has written in a very fine article, "Man is the future of man." That is exactly true. Only, if one took this to mean that the future is laid up in Heaven, that God knows what it is, it would be false, for then it would no longer even be a future. If, however, it means that, whatever man may now appear to be, there is a future to be fashioned, a virgin future that awaits him – then it is a true saying. But in the present one is forsaken.

As an example by which you may the better understand this state of abandonment, I will refer to the case of a pupil of mine, who sought me out in the following circumstances. His father was quarrelling with his mother and was also inclined to be a "collaborator"; his elder brother had been killed in the

German offensive of 1940 and this young man, with a sentiment somewhat primitive but generous, burned to avenge him. His mother was living alone with him, deeply afflicted by the semi-treason of his father and by the death of her eldest son, and her one consolation was in this young man. But he, at this moment, had the choice between going to England to join the Free French Forces or of staying near his mother and helping her to live. He fully realised that this woman lived only for him and that his disappearance – or perhaps his death – would plunge her into despair. He also realised that, concretely and in fact, every action he performed on his mother's behalf would be sure of effect in the sense of aiding her to live, whereas anything he did in order to go and fight would be an ambiguous action which might vanish like water into sand and serve no purpose. For instance, to set out for England he would have to wait indefinitely in a Spanish camp on the way through Spain; or, on arriving in England or in Algiers he might be put into an office to fill up forms. Consequently, he found himself confronted by two very different modes of action; the one concrete, immediate, but directed towards only one individual; and the other an action addressed to an end infinitely greater, a national collectivity, but for that very reason ambiguous – and it might be frustrated on the way. At the same time, he was hesitating between two kinds of morality; on the one side the morality of sympathy, of personal devotion and, on the other side, a morality of wider scope but of more debatable validity. He had to choose between those two.

What could help him to choose? Could the Christian doctrine? No. Christian doctrine says: Act with charity, love your neighbour, deny yourself for others, choose the way which is hardest, and so forth. But which is the harder road? To whom does one owe the more brotherly love, the patriot or the mother? Which is the more useful aim, the general one of fighting in and for the whole community, or the precise aim of helping one particular person to live? Who can give an answer to that *a priori*? No one. Nor is it given in any ethical scripture. The Kantian ethic says, Never regard another as a means, but always as an end. Very well; if I remain with my mother, I shall be regarding her as the end and not as a means: but by the same token I am in danger of treating as means those who are fighting on my behalf; and the converse is also true, that if I go to the aid of the combatants I shall be treating them as the end at the risk of treating my mother as a means.

If values are uncertain, if they are still too abstract to determine the particular, concrete case under consideration, nothing remains but to trust in our instincts. That is what this young man tried to do; and when I saw him he said, "In the end, it is feeling that counts; the direction in which it is really pushing me is the one I ought to choose. If I feel that I love my mother enough to sacrifice

everything else for her – my will to be avenged, all my longings for action and adventure then I stay with her. If, on the contrary, I feel that my love for her is not enough, I go." But how does one estimate the strength of a feeling? The value of his feeling for his mother was determined precisely by the fact that he was standing by her. I may say that I love a certain friend enough to sacrifice such or such a sum of money for him, but I cannot prove that unless I have done it. I may say, "I love my mother enough to remain with her," if actually I have remained with her. I can only estimate the strength of this affection if I have performed an action by which it is defined and ratified. But if I then appeal to this affection to justify my action, I find myself drawn into a vicious circle.

Moreover, as Gide has very well said, a sentiment which is play-acting and one which is vital are two things that are hardly distinguishable one from another. To decide that I love my mother by staying beside her, and to play a comedy the upshot of which is that I do so – these are nearly the same thing. In other words, feeling is formed by the deeds that one does; therefore I cannot consult it as a guide to action. And that is to say that I can neither seek within myself for an authentic impulse to action, nor can I expect, from some ethic, formulae that will enable me to act.

You may say that the youth did, at least, go to a professor to ask for advice. But if you seek counsel – from a priest, for example you have selected that priest; and at bottom you already knew, more or less, what he would advise. In other words, to choose an adviser is nevertheless to commit oneself by that choice. If you are a Christian, you will say, consult a priest; but there are collaborationists, priests who are resisters and priests who wait for the tide to turn: which will you choose? Had this young man chosen a priest of the resistance, or one of the collaboration, he would have decided beforehand the kind of advice he was to receive. Similarly, in coming to me, he knew what advice I should give him, and I had but one reply to make. You are free, therefore choose, that is to say, invent. No rule of general morality can show you what you ought to do: no signs are vouchsafed in this world. The Catholics will reply, "Oh, but they are!" Very well; still, it is I myself, in every case, who have to interpret the signs.

While I was imprisoned, I made the acquaintance of a somewhat remarkable man, a Jesuit, who had become a member of that order in the following manner. In his life he had suffered a succession of rather severe setbacks. His father had died when he was a child, leaving him in poverty, and he had been awarded a free scholarship in a religious institution, where he had been made continually to feel that he was accepted for charity's sake, and, in consequence, he had been denied several of those distinctions and honours which gratify children. Later, about the age of eighteen, he came to grief in a sentimental affair; and

finally, at twenty-two – this was a trifle in itself, but it was the last drop that overflowed his cup – he failed in his military examination. This young man, then, could regard himself as a total failure: it was a sign – but a sign of what? He might have taken refuge in bitterness or despair. But he took it – very cleverly for him – as a sign that he was not intended for secular success, and that only the attainments of religion, those of sanctity and of faith, were accessible to him. He interpreted his record as a message from God, and became a member of the Order. Who can doubt but that this decision as to the meaning of the sign was his, and his alone? One could have drawn quite different conclusions from such a series of reverses – as, for example, that he had better become a carpenter or a revolutionary. For the decipherment of the sign, however, he bears the entire responsibility. That is what “abandonment” implies, that we ourselves decide our being. And with this abandonment goes anguish. ...

You Are What You Live

Quietism is the attitude of people who say, “let others do what I cannot do.” The doctrine I am presenting before you is precisely the opposite of this, since it declares that there is no reality except in action. It goes further, indeed, and adds, “Man is nothing else but what he purposes, he exists only in so far as he realises himself, he is therefore nothing else but the sum of his actions, nothing else but what his life is.” Hence we can well understand why some people are horrified by our teaching. ... In life, a man commits himself, draws his own portrait and there is nothing but that portrait. No doubt this thought may seem comfortless to one who has not made a success of his life. ... What we mean to say is that a man is no other than a series of undertakings, that he is the sum, the organisation, the set of relations that constitute these undertakings.

In the light of all this, what people reproach us with is not, after all, our pessimism, but the sternness of our optimism. If people condemn our works of fiction, in which we describe characters that are base, weak, cowardly and sometimes even frankly evil, it is not only because those characters are base, weak, cowardly or evil. For suppose that, like Zola, we showed that the behaviour of these characters was caused by their heredity, or by the action of their environment upon them, or by determining factors, psychic or organic. People would be reassured, they would say, “You see, that is what we are like, no one can do anything about it.” But the existentialist, when he portrays a coward, shows him as responsible for his cowardice. He is not like that on account of a cowardly heart or lungs or cerebrum, he has not become like that through his physiological organism; he is like that because he has made himself into a coward by actions. There is no such thing as a cowardly temperament. ... A coward is defined by the deed that he has done. What people feel obscurely,

and with horror, is that the coward as we present him is guilty of being a coward. What people would prefer would be to be born either a coward or a hero. ... If you are born cowards, you can be quite content, you can do nothing about it and you will be cowards all your lives whatever you do; and if you are born heroes you can again be quite content; you will be heroes all your lives eating and drinking heroically. Whereas the existentialist says that the coward makes himself cowardly, the hero makes himself heroic; and that there is always a possibility for the coward to give up cowardice and for the hero to stop being a hero. ...

The Human Condition

We have now, I think, dealt with a certain number of the reproaches against existentialism. You have seen that it cannot be regarded as a philosophy of quietism since it defines man by his action; nor as a pessimistic description of man, for no doctrine is more optimistic, the destiny of man is placed within himself. Nor is it an attempt to discourage man from action since it tells him that there is no hope except in his action, and that the one thing which permits him to have life is the deed. Upon this level therefore, what we are considering is an ethic of action and self-commitment. ...

[T]his theory alone is compatible with the dignity of man, it is the only one which does not make man into an object. All kinds of materialism lead one to treat every man including oneself as an object – that is, as a set of pre-determined reactions, in no way different from the patterns of qualities and phenomena which constitute a table, or a chair or a stone. Our aim is precisely to establish the human kingdom as a pattern of values in distinction from the material world. But the subjectivity which we thus postulate as the standard of truth is no narrowly individual subjectivism, for ... I cannot obtain any truth whatsoever about myself, except through the mediation of another. The other is indispensable to my existence, and equally so to any knowledge I can have of myself. Under these conditions, the intimate discovery of myself is at the same time the revelation of the other as a freedom which confronts mine, and which cannot think or will without doing so either for or against me. Thus, at once, we find ourselves in a world which is, let us say, that of "inter-subjectivity". It is in this world that man has to decide what he is and what others are.

Furthermore, although it is impossible to find in each and every man a universal essence that can be called human nature, there is nevertheless a human universality of *condition*. It is not by chance that the thinkers of today are so much more ready to speak of the condition than of the nature of man. By his condition they understand, with more or less clarity, all the *limitations* which a

priori define man's fundamental situation in the universe. His historical situations are variable: man may be born a slave in a pagan society or may be a feudal baron, or a proletarian. But what never vary are the necessities of being in the world, of having to labor and to die there. These limitations are neither subjective nor objective, or rather there is both a subjective and an objective aspect of them. Objective, because we meet with them everywhere and they are everywhere recognisable: and subjective because they are *lived* and are nothing if man does not live them – if, that is to say, he does not freely determine himself and his existence in relation to them. ...

What is at the very heart and center of existentialism, is the absolute character of the free commitment, by which every man realises himself in realising a type of humanity – a commitment always understandable, to no matter whom in no matter what epoch – and its bearing upon the relativity of the cultural pattern which may result from such absolute commitment. ...

Moral Choice

People say to us, "Then it does not matter what you do," and they say this in various ways.

... [But] to say that it does not matter what you choose is not correct. In one sense choice is possible, but what is not possible is not to choose. I can always choose, but I must know that if I do not choose, that is still a choice. This, although it may appear merely formal, is of great importance as a limit to fantasy and caprice. For, when I confront a real situation – for example, that I am a sexual being, able to have relations with a being of the other sex and able to have children – I am obliged to choose my attitude to it, and in every respect I bear the responsibility of the choice which, in committing myself, also commits the whole of humanity. Even if my choice is determined by no *a priori* value whatever, it can have nothing to do with caprice ...

[M]an finds himself in an organised situation in which he is himself involved: his choice involves mankind in its entirety, and he cannot avoid choosing. Either he must remain single, or he must marry without having children, or he must marry and have children. In any case, and whichever he may choose, it is impossible for him, in respect of this situation, not to take complete responsibility. Doubtless he chooses without reference to any pre-established value, but it is unjust to tax him with caprice. Rather let us say that the moral choice is comparable to the construction of a work of art. ...

[D]oes anyone reproach an artist, when he paints a picture, for not following rules established *a priori*. Does one ever ask what is the picture that he ought to paint? As everyone knows, there is no pre-defined picture for him to make; the artist applies himself to the composition of a picture, and the picture that ought to be made is precisely that which he will have made. As everyone knows, there are no aesthetic values *a priori*, but there are values which will appear in due course in the coherence of the picture, in the relation between the will to create and the finished work. No one can tell what the painting of tomorrow will be like; one cannot judge a painting until it is done. What has that to do with morality? We are in the same creative situation. We never speak of a work of art as irresponsible; when we are discussing a canvas by Picasso, we understand very well that the composition became what it is at the time when he was painting it, and that his works are part and parcel of his entire life.

It is the same upon the plane of morality. There is this in common between art and morality, that in both we have to do with creation and invention. We cannot decide *a priori* what it is that should be done. I think it was made sufficiently clear to you in the case of that student who came to see me, that to whatever ethical system he might appeal, the Kantian or any other, he could find no sort of guidance whatever; he was obliged to invent the law for himself. Certainly we cannot say that this man, in choosing to remain with his mother – that is, in taking sentiment, personal devotion and concrete charity as his moral foundations – would be making an irresponsible choice, nor could we do so if he preferred the sacrifice of going away to England. Man makes himself; he is not found ready-made; he makes himself by the choice of his morality, and he cannot but choose a morality, such is the pressure of circumstances upon him. We define man only in relation to his commitments; it is therefore absurd to reproach us for irresponsibility in our choice.

In the second place, people say to us, "You are unable to judge others." This is true in one sense and false in another. It is true in this sense, that whenever a man chooses his purpose and his commitment in all clearness and in all sincerity, whatever that purpose may be, it is impossible for him to prefer another. ...

Authenticity and Self-Deception

We can judge, nevertheless, for, as I have said, one chooses in view of others, and in view of others one chooses himself. One can judge, first – and perhaps this is not a judgment of value, but it is a logical judgment – that in certain cases choice is founded upon an error, and in others upon the truth. One can judge a man by saying that he deceives himself. Since we have defined the situation

of man as one of free choice, without excuse and without help, any man who takes refuge behind the excuse of his passions, or by inventing some deterministic doctrine, is a self-deceiver. One may object: "But why should he not choose to deceive himself?" I reply that it is not for me to judge him morally, but I define his self-deception as an error. Here one cannot avoid pronouncing a judgment of truth. The self-deception is evidently a falsehood, because it is a dissimulation of man's complete liberty of commitment. Upon this same level, I say that it is also a self-deception if I choose to declare that certain values are incumbent upon me; I am in contradiction with myself if I will these values and at the same time say that they impose themselves upon me. If anyone says to me, "And what if I wish to deceive myself?" I answer, "There is no reason why you should not, but I declare that you are doing so, and that the attitude of strict consistency alone is that of good faith." Furthermore, I can pronounce a moral judgment. For I declare that freedom, in respect of concrete circumstances, can have no other end and aim but itself; and when once a man has seen that values depend upon himself, in that state of forsakenness he can will only one thing, and that is freedom as the foundation of all values. ...

Consequently, when I recognise, as entirely authentic, that man is a being whose existence precedes his essence, and that he is a free being who cannot, in any circumstances, but will his freedom, at the same time I realize that I cannot not will the freedom of others. Thus, in the name of that will to freedom which is implied in freedom itself, I can form judgments upon those who seek to hide from themselves the wholly voluntary nature of their existence and its complete freedom. Those who hide from this total freedom, in a guise of solemnity or with deterministic excuses, I shall call cowards. Others, who try to show that their existence is necessary, when it is merely an accident of the appearance of the human race on earth – I shall call scum. But neither cowards nor scum can be identified except upon the plane of strict authenticity. Thus, although the content of morality is variable, a certain form of this morality is universal. ... One can choose anything, but only if it is upon the plane of free commitment. ...

Life is nothing until it is lived; but it is yours to make sense of, and the value of it is nothing else but the sense that you choose. ...