



From Futility to Happiness: Sisyphus as Everyman

By Kenneth Wapnick

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The Greek mythic figure of Sisyphus was condemned by the gods to a life of pushing a rock up a mountain, only to have it fall back down to the bottom, there to begin his labors again. His life of futility mirrors our life in the body and the hopelessness inherent in pursuing any meaning in the world. The first part of the book addresses this view as presented in A Course in Miracles, summarized in the idea that we can never be truly happy in the world because it is not our home. The second part discusses the transition from futility to happiness in the context of the Course's offering of another way of looking at our seeming fate, reflecting Camus' important essay on Sisyphus, which he ended by stating, We must imagine Sisyphus happy. Through a change of mind brought about by changing our inner teacher from the ego to Jesus, our lives of futility are transformed into opportunities for unlearning the ego's thought system. A purposeless life of inherent meaninglessness thus metamorphoses into a meaningful classroom that leads us to the Heaven we never truly left. As with the other books in this series, The Practice of A Course in Miracles, From Futility to Happiness is presented as an aid in applying the Course's principles of forgiveness more meaningfully to our everyday lives, that they may become increasingly happy and less futile in our experience.

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Editorial Review

About the Author

Kenneth Wapnick, Ph.D. is a clinical psychologist and one of the foremost teachers of A Course in Miracles, which he has been working with since 1973, when he joined Dr. Helen Schucman, scribe of the Course, and Dr. William Thetford at the Columbia-Presbyterian Medical Center in New York. He has written more than 25 books on the Course, including Love Does Not Condemn, Absence from Felicity: The Story of Helen Schucman and Her Scribing of 'A Course in Miracles,' The Message of 'A Course in Miracles,' and many others. He has also produced over 150 audio and video titles discussing the principles of the Course. He is President and co-founder, with his wife Gloria, of the Foundation for A Course in Miracles in Temecula, California.

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