



## The Beauty of Sadness

**D Novosel\***

*Private Practice, Switzerland*

**\*Corresponding Author:** D Novosel, Private Practice, Switzerland.

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Why should any person write about sadness? It must be a sad matter, isn't it?

The answer is: I do feel alive doing it.

Why talk about sadness? Because it often happens that when we feel the deepest sorrow, it is when we truly feel alive. I invite you to explore these deep feelings briefly with me—even if we don't always agree—because our differences show we are alive and thinking.

We all have only a limited time on this earth. Knowing that our life will eventually end makes every choice important. If we were immortal, every experience, every mistake, and every lesson would go on forever, and nothing would really matter.

Think about a story by Hans Christian Andersen [1] where a siren gives up eternal life to find meaning in faith. In doing so, she shows that sometimes giving up endless life is necessary for life to have true meaning. My view is just one way of looking at it; our short lives force us to choose what matters and give our moments purpose.

Similarly, in Bertolt Brecht's play "The Caucasian Chalk Circle", [2] the mother's sacrifice for her child shows the purest form of love. In this story, conflicts are solved by making sacrifices rather than fighting, revealing deep and real emotions.

Another example comes from Rodin's creation [3]. By talking with survivors of occupation and liberation, Rodin made a sculpture that represents giving up power—a moving reminder that losing freedom (symbolized by handing over city keys) is one of the strongest human experiences. In my understanding he is celebrating the sadness as a powerful emotion.

To me, sadness is not just a negative emotion—it is one of the most honest and powerful feelings we have.

It helps us reflect on our lives and grow. In fact, research in brain science shows that sadness plays an important role in our emotional development and helps us learn and adapt [4].

I acknowledge that my ideas challenge some well-known scholarly work [5], that doesn't make them wrong.

### Bibliography

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