The purpose of this study is to deepen the understanding of what it is that carries a human being in the uncertainty of life and of how a human being with a serious illness can find a meaning in life. The study’s research questions are: What is it that carries a human being in the uncertainty of life? How can a human being find meaning in life when she is suffering from seriously illness? The study emanates from the Caring Science perspective that has been developed by the Department of Caring Science, Åbo Akademi University, under the guidance of Professor Katie Eriksson.

The material used in the study is comprised of two autobiographies written by persons with serious illnesses. The method used in the study is an analysis of content combined with a hermeneutic interpretation method inspired by Ödman’s interpretation method. The study can be seen as a contribution to Caring Science and the results of the study give us a deeper understanding and a clarification of what it is that carries a human being in the uncertainty of life, and of how human beings with serious illnesses can find meaning in life. The results of the study can be seen as a fusion of previous studies of human suffering. What it is that carries a human being in the uncertainty of life can in the results of the study be seen as a force, or as something that gives a person power. Things that keep a person with a serious illness going are care, comfort, hope, joy, sadness and drama. When the results of the study were reflected to the theoretical perspective, love, comfort, happiness, security, dignity and trust proved to be factors that carry a human being and keep her going. That which gives a human being diagnosed with a serious illness a meaning in life, can also be seen as a power which makes it possible for a human being to find a meaning in life. Nature, a feeling of solidarity, activities, time, trust and reconciliation are what give human beings diagnosed with a serious illness a meaning in life. In the reflection to the theoretical perspective, happiness, a sense of solidarity, confirmation, love, harmony, participation, security and joy all proved to be important for the finding of meaning in life. The suffering that uncertainty in connection to a serious illness causes should be seen as a movement from suffering towards health. Those things which carry a human being also give this movement power. When the human being becomes reconciled with uncertainty, she can get in touch with the foundation that gives life a meaning.