Time-honored philosophical disputes about human freedom are to do with how to square such freedom as humans imagine they enjoy with increasingly scientific understandings of the universe itself—understandings of it as governed by ironclad laws of nature. This is rightly referred to as a problem of metaphysics—a matter of what makes it true both (1) that humans enjoy freedom and also (2) that the sovereignty of nature is complete. The logic of freedom, by contrast, is fundamentally concerned with how the elements of agency must line up in order for us to enjoy true freedom, and this has a great deal to do with the question of what it is for people to experience meaning in their lives. This latter point is to say that questions about the logic of freedom (whether or not freedom is compatible with a sovereign nature) is tangled up with questions around the experience of meaning. And these questions, in turn, are tangled up with how we manage our ties with other people (our group memberships) and our self-understandings (known as self-concepts to sociologists and psychologists). My talk will seek to illuminate the parallels between the search for meaning and the process by which one can become free.