

Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.

Post by “Kalosyni” of May 18, 2022 at 5:18 PM

[Quote from Don](#)

Let's say my life is stable, comfortable, overall pleasurable with episodes now and again of pain.

Something happens and I have to defend my home and family from hostile forces... I'm now in a war.

My life is now unstable, dangerous, with an overall abundance of pain with small episodes of pleasure.

I am fighting a war to return peace and stability to my life so I can again have a life that is stable, comfortable, and has more pleasure than pain. I did not choose to fight this war, but I now have no choice but to engage in war.

My side wins the war. I can piece my life back together hopefully and find more pleasure than pain in my existence.

In my mind survival does not equal pleasure. Survival does not guarantee pleasure. Don's quote is applicable even in other situations -- For example, someone getting into a career requiring long stressful hours of work, and then transitioning into a different line of work which is less stressful.

The drive for survival is not the same as the pursuit of enjoyment in life. In survival we want to eliminate pain, in enjoyment we are adding in pleasure.

These are all nuances, and interesting to talk about.