

# General / Opening - Comments on Existentialism / Nihilism

Post by “Mike Anyayahan” of January 3, 2020 at 9:39 AM

## [Quote from Cassius](#)

Although "illusion" probably works, would it be also proper to say that "essence" is simply a construct of the human mind, and has no independent existence apart from being a human construction?

[Cassius](#) That's exactly how existentialists understand it since "essence" has already been demoted in the core statement. And this is also the reason why I mentioned that existentialism is sitting on the shoulder of a giant. That giant is none other than Epicurus who had already taught such idea long long long before existentialism (as we now know it) ever existed.