

# Is Death Nothing To Us?

**Post by "Charles" of January 25, 2020 at 3:59 AM**

I think the view is less of death being painful than it is about the fear of death and the actions that fear leads to. The reasons why we shouldn't *fear death* stem from and come as a result of the observations and explanations behind the physics of Epicurean Philosophy, namely the monistic and materialist nature of the universe, and the lack of an afterlife and immortality of the soul, which having established that basis it then becomes natural that death itself is a painless experience, but of course the process in which somebody dies is up to circumstance in a given time and area, and nobody will deny that being bashed over the head with a rock a few times is painful, its the concept of death that acts as nothing to us. Here are a few quotes from Julien Offray de la Mettrie, who I believe is outwardly Epicurean:

"Those who defined cold as a "privation of fire" said what cold was not and not what it was. Death is not the same; to say what it is not, to say that it is a privation of air which makes all movement, all heat and all feeling stop, is to declare well enough what it is. Nothing positive. Nothing. Less than nothing, if that could be imagined. No, nothing real, nothing that concerns us, nothing that belongs to us, as Lucretius said very well. Death in the nature of things is only what zero is in arithmetic." (Paragraph 55 in The System of Epicurus)

"I saw thousands of soldiers die (a sorry sight!) in those great military hospitals of which I was in charge in Flanders during the last war. Pleasant deaths such as those I have just depicted seemed to me much rarer than painful deaths. The most frequent ones happen unawares. We leave the world as we come into it, without realising it." (Paragraph 70)