

# "Religion is a part of me"... how to deal with that?

Post by "smoothiekiwi" of January 12, 2022 at 2:47 PM

[Matt](#) , stop reading my mind! That's irritating me 😏

But seriously, your words are exactly the stuff I thought about, but couldn't express. Everything you've written can be applied to two of my friends who are Christians. I think that I can't speak of all Christians, because there're many educated, smart and deep-thinking people out there who believe in a sky man, but I still can't do anything other than to remember a quote from Socrates: "an unexamined life is not worth living". And what is a life without thinking what your belief implies and has as a consequence? I wouldn't call it examined.

By stating this, I do not want by any means state that I'm better than "them". Quite the contrary- I've just begun examining my own life, and have many dogmas and false beliefs. I acknowledge that in order to reach happiness, I have to help other people. That's my way of getting fulfillment and pleasure. And I think that one of the biggest reasons why people suffer is because of beliefs and unnecessary desires- in essence, religion. Thus, I do now want to state that I'm wiser than Christians, or more experienced, simply because I study a certain philosophy right now. That would be stupid. Yet I honestly believe that religion draws a lot of suffering at its tail, and that's why I'm fighting against it.