

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

**Post by "Matt" of January 12, 2022 at 2:56 PM**

Religion 100% does cause unnecessary suffering...and simultaneously it is perceived to be a panacea for all life's difficulties by those who promote it . Yet many times the metaphysical solution is not a cure but a distraction. The question becomes how to fill the vacuum when religion hurts a person who once was religious and now looks for meaning in life. Epicurus might be the "cure" for that person who is ready to make the jump out of religion and is courageously ready to face the stark reality of this world.