

# Compassion in Epicurean Philosophy

**Post by "Scott" of February 9, 2022 at 12:51 AM**

I should share that I don't want to suggest compassion is all "bad" by any means. Cultivating compassion can produce very positive results. I have spent some time doing this and can attest to the value of it. I've worked with Amnesty International and Tzu Chi for instance, both of which help end the suffering of people from human rights abuses and natural disasters, etc. It is a wonderful feeling to do compassionate work, a powerful connection with one's fellow human beings. When you help someone that is hurting, it is a deep, heartfelt pleasure! There was a time earlier in my life when I didn't have much compassion at all. For anyone, really. That to me now seems cold and "Stoic".