

Compassion in Epicurean Philosophy

Post by "Scott" of February 9, 2022 at 12:11 PM

Another thing I've found resulting from developing compassion is a more fair assessment of others' intentions. You know how we might go too late through a traffic light and say to ourselves "Damn! That was a red light I just went through!" Whereas when we are sitting at a red light and someone flies through the other way we say "Damn that guy is a f***g jerk!" There is a bit of tendency to assume bad intentions for others, and to think our intentions are good. Well, at least for me. Compassion has helped me more often give people the benefit of the doubt or at least be more open to them. I sort of gained a perspective like "we're all in this together". During childhood I (short story) had some amount of trauma. Only *many* years later I became capable of telling my mother that I loved her. It wasn't because she or history or anything else was changed. It was me who changed. I was only able to do this because of developing compassion. My heart just got a little "bigger" or whatever. Sorry, that's kind of the Grinch story there I totally bumped into that corny reference apologies lol