

Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.

Post by "Kalosyni" of May 17, 2022 at 8:39 AM

[Quote from Marco](#)

Can you seek happiness and be full of joy when there is a war in Europe?

I have still been pondering this question. Also, because it applies to anything in life, as [Cassius](#) wrote: "Can you seek happiness and be full of joy when there is XXXX?"

Being that I live in the US, it feels like the war in Europe is very far away, and I do not personally know anyone affected by it. There have been many wars all through history, and also civil wars and coups in some places in third-world countries (which get much less attention).

Early on, my initial first reaction about what was happening in Ukraine was that I had to readjust my idea (my mental concept) of "world stability" - so observing this happen, the human mind has a way of evaluating the safety of the present moment and the anticipated future. If we feel safe then we can much more easily seek happiness. If we can trust that the world will still be safe then we can relax again.

For people who are directly affected by or living in areas of unrest, it would make more sense to be somber and pay attention, to what is happening, to stay alive. So in some sense happiness and joy are a product of peace. It would not be safe to spend too much time "seeking happiness" in an unsafe environment.

So now why are there those who are living in peace and safety unhappy?

Maybe they worry about war in an abstract sense, or they feel that any suffering in the world should not happen (the above podcast briefly brings up this idea).

There are also other things in life to worry about: one's own financial stability, job stability, or family stability. I think that is why it is important to work through one's personal issues with regard to worries in life. For without a sense of having one's basic needs met, it will be difficult to seek happiness.

The idea of "seeking happiness" also is something to investigate. In the podcast Wes Cecil says that we have a kind of "innate joy" or "native joy" that we can tap into. He gives the example of this joy with the image of two dogs playing and chasing each other - they are completely happy in their play. Also it is just paying attention to the good things in life, and the sweet things in life. So "seeking happiness" / "seeking joy" is easy to do -- provided that one's life is

stable.