

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

Post by “Godfrey” of May 17, 2022 at 3:39 PM

Quote from Kalosyni

It would not be safe to spend too much time "seeking happiness" in an unsafe environment.

Have we ever pinned down concrete definitions of happiness, joy and pleasure? I ask this because my reaction to this specific quote is that it's even more necessary to seek pleasure and avoid pain in an unsafe environment. It's just that the desires involved would focus intently on the natural and necessary: safety, shelter, food, etc.

[Quote from Kalosyni](#)

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

This, too, comes down to desires: have these people seen to their financial, job and family stability? Have they embraced an effective personal philosophy? Are they pursuing unnatural and/or unnecessary desires?