

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

Post by "Don" of May 17, 2022 at 9:30 PM

[Quote from Kalosyni](#)

[Quote from Cassius](#)

And in other cases happiness and joy can be the product of war, if under the circumstances war is necessary to obtain or preserve the peace.

Something about this statement doesn't sit with me well. But maybe it is right up there with: humans kill animals for food and eating them gives us life. The level of abstraction has missing pieces. It may take me several more days to ponder this.

It strikes me (literally at first blush) that that statement has an echo of "we can only experience pleasure if we go through pain."

Happiness and joy are not the product of war. I'll give you that undergoing the pain of conflict may be necessary to obtain or preserve peace, but I wouldn't phrase it as happiness and joy are the "product of war." It may be necessary to endure the pain of war, but war does not "produce" happiness. The end of war may allow the environment in which happiness may be found, but I'd be careful about using produced or product. That implies causation.

I don't know if I'd be able to do it, but, theoretically, pleasure can be found in small things during a war with the right perspective... Even if it is as small as "I'm still alive to live tomorrow. I can still feel." Pleasure is emphatically not always the big joyful feeling. It can be as small as taking pleasure in breathing, feeling the breathe in and out.