

Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by "Cassius" of July 19, 2022 at 7:42 PM

The first suggestion I would make is something that I try to do myself and sometimes can't avoid even when I forget - remembering that death is going to come all too soon and that will be my last chance for pleasure.

Now I can see that some people would say that would add to anxiety, but I think this is one of the parts of Epicurus (of course he always does this) embraces truth so as to make the most out of life.

I take more comfort in knowing that my time is limited, and that I know I better make the best of it, than I do in thinking I would love longer under an illusion.

Plus that keeps the day to day politics in perspective. Whatever we are facing right now pales in comparison to what most of humanity has had to face in the past, especially when we keep in mind there is no fate and whatever game we are following is not really over for good at least til the world ends.

Of course in any case too I choose to do use my energies on the longer game of what I think is at or near the root cause of most problem - false religions and philosophies. If we are really convinced that Epicurus was right then I think that produces a worldview that makes day to day politics more livable. Most of the people caught up in it don't know or care about the background issues, and they are just pawns in the larger game. Kind of like the opening of book two in Lucretius we can take comfort that for all our troubles we at least have a significant part of the bigger problem figured out.