

Should Epicureans Celebrate Something Else Instead of Celebrating Halloween?

Post by "Kalosyni" of October 23, 2025 at 9:38 AM

[Quote from DaveT](#)

You might be amazed at the absolute craziness of the tourism there from the beginning of September all the way through October every year. They claim over a million people visit Salem, and Halloween is the epitome of their tourism season.

I had no idea that this was happening, and this is definitely an indicator of the current cultural "zietgeist" (lol...zietgeist).

[Quote from Adrastus](#)

I am pretty 'bah, humbug' about Halloween as it is celebrated around here and find it deeply unpleasant. I think it trains for painful anticipations and painful attitudes towards death. There is no exchange of wisdom about death or the ancestors. There is no learning about the nature of death, but showing off unrealistic and grotesque forms...

...

Culturally it's just devolving into an extension of the increasingly disturbing and pornographic horror and survival media that is getting created these days that has basically dropped the pretense of being about entertainment, and truly we become the stories we keep telling.

It seems pretty unnatural to "glorify" decay and ugliness (ugly witches, goblins, monsters, and bloodied faces/bodies) and it seems that on some level this is an expression of anger and hopelessness.

It is like an expression of a "thanatos drive," or a kind of death instinct (Sigmund Freud's theory of a fundamental human drive toward death and destruction) which stands in opposition to the life instinct of Eros (that which drives creation and survival).

To counter-act this, in Epicurean philosophy we have a [Principal Doctrines/Vatican Sayings](#) which point toward using cognitive re-appraisal, and a good example is Vatican Saying 35.

This wikipedia article:

Quote

<https://www.epicureanfriends.com/thread/4771-should-epicureans-celebrate-something-else-instead-of-celebrating-halloween/?postID=37559#post37559>

There is varied experimental evidence that illustrates the properties of appraisal theories. A meta analysis found that 75% of studies showed statistically significant relationships between appraisal and emotions.^[8] This encapsulates the core of appraisal theories that interpretations of experiences is what gives rise to emotions.

[Source](#)

But will probably need to start a new thread on this topic. Since having a certain level of external goods is also necessary for happiness (not just internal focus).