

## **SOE13: The goal of religion**

**Post by “Elayne” of December 30, 2019 at 1:56 PM**

I will add that my personal experience of the harm done by a non-harming ideal and trying to love everyone just based on their being a human is what helps me spot this. I wasn't raised religious but still unwittingly absorbed this bit of idealism from the culture. Humanism is rife with it. By refraining from causing harm and trying to love unconditionally, I stayed in a very painful life circumstance for a long, long time. If I had been advised by friends that I might need to cause harm, including emotional or financial, to get out, and that unconditional love is ridiculous, it would have been very helpful to my happiness!

I am not sure if others here will recognize how closely such generic non-harming advice ties into advice for people to stay in abusive relationships. One tool used by aggressors is to say things like "if you leave me, I will die", etc. The person doesn't want to cause harm because they've absorbed that it's wrong, so they stay on.

On a non-human level, without our immune systems constantly deciding which microbial invaders to kill and which to get along with, we wouldn't be able to exist as a species. Our bodies are constantly harming or getting along, depending on specifics.

Sometimes the wise thing is to cause harm.