

# General / Opening - Comments on Existentialism / Nihilism

Post by "Hiram" of January 3, 2020 at 1:19 PM

## [Quote from Cassius](#)

In that last paragraph, "existence" is an easier word to grasp than "essence," with "essence" carrying a lot more controversial implication, I would expect, as in some contexts I gather "essence" is comparable to a platonic form, which Epicurus would/did reject. I gather that there is an Aristotelian sense of "essence" that Epicurus also rejected.

I don't think essence here is Platonic. It's CREATIVE. In other words, what's being said here is that first we have our material / social conditions (existence), and then we develop our characters and choices over those conditions as we gain responsibility for creating ourselves and our lives (essence, which is our creation to a great extent).

Some of the philosophers who accept a radical form of freedom say that we SCULPT OUR SELVES, and that our lives as our great works of art. Onfray wrote about this in aesthetic terms in his "Sculpture de soi".