

Post by "Cassius" of February 22, 2020 at 10:44 AM

New post from Mike here: **"How To Remove Your Fears And Worries"** - <https://epicureanmindset.blogspot.com/2020/02/how-to...DvNHRgrRuXLEKZY>

My comments:

Quote

We can't get rid of risk. What we need is to manage it in order to reduce the eventual pain and to increase the greatest possible pleasure. This reality of infinite uncertainty should not trouble us because it is what nature really is.

Very well stated and a foundational point - relates also to recent discussions with [Godfrey](#) about the Stenger book and alternate viewpoints on "origin" of the universe.

Quote

Instead, we must prepare our mind for future surprises so we can better construct an alternative response that can immediately address every potential problem. In other words, expect the worst and execute your best response.

Ha - that reminds me of "expect the worst and you'll never be disappointed" which is probably a little off because both "pessimism" and "optimism" are probably inferior to being as "realistic" as possible.

Quote

This means that doing what is good is synonymous to living in fear either in the fear of god or in the fear of invented justice.

I wonder if some people might lose track of the chain of thought and misunderstand that sentence, since the peer-pressure to "do what is good" is so strong and taken for granted. I think you are saying something like: "That means that if you follow conventional thinking "doing what is good" would be synonymous with living in fear, either in fear of god or in fear of unfounded views of "justice."

Quote

<https://www.epicureanfriends.com/thread/1439-mike-anyayahan-s-blog-epicureanmindset-blogspot-com/?postID=6871#post6871>

The root of all such fears is the fear of death. We humans have been taught to become afraid of death so that our avoidance of it will lead us to the obedience to an abstract codes of conduct.

This is another good point that might benefit from clarification. Something like: "The root of many such false fears is fear of death, and of what will happen to us when we die. We as humans have been taught to fear death, and so our avoidance of death leads us to accept and obey unfounded and false codes of conduct that are ultimately harmful to our ability to live happily."

Quote

Our natural courage has been removed from us and is objectified into an abstract concept such as virtue.

So much good stuff here, I just have to restate for emphasis: "Our natural vigor and motivation to embrace the deepest and most pleasurable feelings of life have been purged, and removed from us, to be replaced with sterile and lifeless obedience to abstractions such as "virtue," which are meaningless when detached from a proper understanding of the goals of life provided by nature."

Quote

The problem is when we fear something that we can hardly sense. This is why it is more difficult to measure the risk of an abstract threat than of a real threat. Dying is real, but death is abstract. Death is nothing to fear. In it, there is no feeling of pain since our sense organs will disintegrate into atoms along with our sensation when we die.

I think there is a subtle point here that we here at Epicureanfriends need to discuss further to put a finer point on the contrast we are making between "real" and "abstract." There is "real" in the sense of something that can be felt with the five senses, but it is probably a little off to say that everything that is abstract is "unreal." Abstractions can bring us great pain or pleasure. Is that pain or pleasure "unreal" because it comes from an abstraction rather than from the smell of a rose or the taste of an ice cream cone? This is something that [Elayne](#) has posted about too and I think we can improve on this distinction.

As for "death is nothing to fear" my view is that the most important meaning of this is "the *'state of being dead'* is nothing to fear because you don't exist anymore." The process of dying, which a lot of people are going to lump into "death" can be extremely painful and is certainly something to "fear" or at least to work very hard to avoid 😊

Quote

Instead of living in fear, spend your life in pursuing pleasure. This is possible if you remove the troubles in your mind with the help of philosophy and the study of nature. By knowing the truth of reality, you will get rid of superstition or false knowledge that generates unnecessary fears.

Nothing wrong with that one but to emphasize: *Instead of learning to cope with the pain of unnecessary fears, spend your life eliminating those fears that are unnecessary and pursuing the pleasures of life. No one is given any guarantees of good health and long life, but you can maximize your chances of success by organizing your life using a sound philosophy based on the study of nature. Once you learn for yourself that the true reality is that this life is your one chance at happiness, and that nature has given you through the feeling of pleasure and pain your ultimate guide for how to pursue happiness, you can banish from your concerns the false claims of supernatural religion and nihilist philosophies that generate many of the most troublesome fears in modern life.*