

Existentialism

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“Actions speak louder than words; let your words teach and your actions speak”
~ St. Anthony of Padua

Is life nothing but suffering? Anxiety and depression need no explanation. However, Joy and happiness require it. In many ways existentialism is a unique and specific portrayal of the psychological predicament of contemporary man [1]. Emotions guide us through situations we cannot compute. However, rationality must be augmented by elements of subjectivity. That being ethics ought to be the forefront of actions. Life is hard, “Of what is great one must either be silent or speak with greatness. With greatness - that means cynically and with innocence” [2]. We must carry on and let our actions differentiate ourselves from emotions. Past experiences should not always be on repeat. To break away from being our own slaves we must swim against the current. Unfortunately, this commonly leads to isolation. Existence precedes essence; “Om mani padme hum” - Enlightenment is within all beings [3]. Some wish to go with the flow, but we all have the potential to go against it. In eastern thought nothing exists but the current moment. With the struggle of individualism comes spiritually awakening.

[1] May, R., Angel, E., & Ellenberger, H. F. (Eds.). (1958). *Existence: A new dimension in psychiatry and psychology*. Basic Books/Hachette Book Group.

<https://doi.org/10.1037/11321-000>

[2] Nietzsche, F. W., In Kaufmann, W., & Hollingdale, R. J. (1968). The will to power.

[3] Nowparvar, Jackie, "The comparison of existential psychology and Buddhist spirituality" (2004). Graduate Research Papers.