

IF YOU NEED A CRUTCH IN LIFE DOES IT HAVE TO BE GOD-BASED?

Many religions such as Jainism or Jehovah's Witnesses can hardly be described as crutches. It tends to be something associated with mainstream Christianity. If one needs a crutch does it have to be any specific religion? Does it have to be God?

THE DEFAULT CRUTCH

An atheist can be an optimist. Many optimists do not base their outlook much on God or religion. Some are not religious at all.

Both atheists and believers have the feeling that great suffering or death will never happen to them or their loved ones. But feeling that does not make it true. And the danger is that it can make a person unrealistic. The atheist sees the illusion and goes along with it. She forgets its an illusion and enjoys it. The believer also enjoys the illusion but turns it into a motivation to follow God and religion. The believer mistakes the feeling for a sense of divine protection. The believer and the atheist have the same illusion. The believer simply adds a new illusion to it. The believer does not understand himself and his feelings. The feeling has nothing to do with God. It is just part of our programming to help us cope in life. The illusion is the reason an atheist and believer can both feel grateful say that they survived something really bad. If you take belief in God away from the believer, you are only opening their eyes. You are not taking away their crutch for God is only what they think is the crutch. The real crutch is the feeling of invulnerability that deludes us to how vulnerable we are. It will stay there unless the person has clinical depression.

Those who say we need religion in order to have a sense that our lives have a purpose are telling us that religion is a crutch and we need this crutch. It's an admission that religion only thrives where people prey on the vulnerable. Religion thrives not on being good but on looking good.

If it is just us, and there is no angel or god looking after us, we need to know that so that we can find solutions about how support each other best. If we are on our own we need to look after each other more not less.

ACCEPTANCE

Making a conscious effort to accept whatever comes needs to be a daily exercise and done several times a day. Some people can accept life in a passive way. They end up becoming do-nothings. If you believe that acceptance is a gift from God then acceptance can become like opium. You do not need to believe in God for that to happen but God makes it more likely to happen. If God is going to do what is best, it follows that if you do everything or nothing, the best will still happen. God will reason, "Okay X has done nothing in the past but the past is the past. I cannot let the world suffer over the fact that I cannot change the past. I have to act."

