**Abstract**

Many in Western culture have viewed happiness as the opposite of suffering. Namely, the desire to attain greater happiness is accompanied by a desire to reduce suffering. This concept stems, inter alia, from the myth of Paradise (Garden of Eden), which is the root of culture. Paradise is a central myth in Judaism and Christianity, representing nostalgia for the past, for abundance and happiness, and reflecting a life of harmony devoid of suffering, but without any self-consciousness.

In this article we wish to dismantle the principle lying at the basis of the Western myth that links happiness to the absence or reduction of suffering. We will propose instead, that happiness is not the opposite of suffering; the two constantly appear alongside each other. There is no time when one can identify happiness devoid of suffering. Happiness and suffering are twin brothers as Nietzsche calls them (Nietzsche 1967, §221). They appear side by side, and both are byproducts of life and its affirmation. The fear of suffering is the fear of life itself. Happiness is the affirmation of life despite everything that happens: troubles, hardships, misgivings and even calamities.

To fear suffering is to be in conflict with life itself, and to reduce life means, in essence, preventing the happiness associated with meaning, action, authenticity, creativity, love, life in a community and the wide range of activities in which the experience related to happiness and suffering is interwoven into all of life’s experiences.