

Scientific Knowledge for Modern Epicureans - the Means to Dispel Fear and Anxiety

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We live in a time in which we have access to knowledge to scientifically understand phenomenon and we value science as the tool for the proper understanding of the world. Proper knowledge about the world dispels fear and anxiety and most importantly leads to making more prudent decisions. Proper knowledge also helps maintain peace of mind as a foundation from which to more deeply enjoy pleasures which arise.

After a recent move to a place which gets frequent thunderstorms, I noticed a lightening warning sign posted in a very big open park near where I live. I've lived most of my life in places with very few thunderstorms, so never had to think about it before. Here is a good read on [the science of lightening](#). Also the National Weather service [lightening safety tips](#).

Beyond observable phenomena, there have been incorrect ideas (myths) in our current times which gain a following on the internet - for example past stories about a possible flip of magnetic poles -- [read here about why not to panic](#). Rather than observable phenomena, this is dealing with the hype we may encounter on the internet and in the news.

Yet there is other science which points toward very real potential future problems, [such as a strong solar flare disrupting the power grid, all electronics, and the internet](#). I would be curious here to know how others think about such things -- and does pondering the uncertainty of the future bring us back around to focus on enjoying more sensory and active pleasures?