

# What Would Epicurus Say About Searching For "Meaning?"

**Post by "DavidN" of January 26, 2024 at 10:53 PM**

I loved Kalosyni's response, the only thing I would add is I see the appeal to "meaning" often from religious or spiritual practitioners when faced with the idea that their beliefs might be wrong. That without this or that life has no "meaning", that in order for them to be happy, for some reason, they need "meaning" outside of themselves. I've never liked this line of logic, it's like an ego defense mechanism, that you must be wrong because the "meaning" I've devoted my life to doesn't fit within your world view. I've always responded that Life is meaning, that is to say life does not require some external meaning and nor do I. I derive all the "meaning" I need from life. And philosophy to me is a search for how to live that life better. Which is why I'm here.