

# Things that happen after we die

**Post by "Cassius" of February 4, 2022 at 9:42 AM**

I would say it means your own future and the future of those who are relevant to you.

If that's your friends and family through which you derive the most pleasure, then that's the focus.

If for some reason you are wired that your most intense pain and pleasure comes from being concerned about humanity at large, then that's your focus.

The really essential insight I think through Epicurus is that you must understand yourself and what is important to you, and go with that, because there is no supernatural god, or idealist structure of the universe, that establishes which focus is "right" for everyone to follow. Whichever focus we choose is our own choice, and we're responsible for the consequences of that decision.