

# What holds me back from embracing EP

Post by "Kalosyni" of March 1, 2022 at 1:11 PM

## [Quote from EricR](#)

It is this question that holds me back from buying into EP fully since I see other ideas such as the eastern notion that "all is Mind (consciousness or spirit)" as among those other ways of seeing the structure of reality.

I will quietly and gently ask you to consider:

Will understanding the hidden structure of reality help you live a happy life? Will it help you make good decisions? Will it give you motivation to pursue what is natural and necessary for happiness?

About my own experience -- I found that "eastern notions" of reality caused me to feel like giving up on life (no need to do, just be) and so they didn't work as a path toward happiness, for me.

And yet maybe for you, there is something that does work for you in "eastern notions of reality"...and if for you it leads to a happy and content life, then you should continue on with it



## [Quote from EricR](#)

So, do Epicureans know there are only atoms and void, or do they believe this.

I think of reality as a "fully material universe" -- just as Don put it. So no heaven, no rebirth, just this very life, with all its simplicity, feeling the body, feeling the breath, and everything continually unfolding in awareness.

Maybe an Epicurean would say "Life is body and mind joyfully dancing toward pleasure, and calmly walking away from pain."