

# The "meaning crisis" trend. How do you answer it as an Epicurean philosopher?

Post by "Patrikios" of September 28, 2024 at 5:46 PM

## [Quote from Kalosyni](#)

Vatican Saying 48:

"While you are on the road, try to make the later part better than the earlier part; and be equally happy when you reach the end."

Seems like an Epicurean would evaluate and then take action to make their life better (perhaps based on natural and necessary for happiness).

I appreciate the sentiments expressed by [Kalosyni](#) to keep a focus on nature. While I am still learning about [#Epicurus](#) teachings, I find his focus on Nature as the ruler on what is "real". My understanding of Nature is that everything is in motion and creating (growing/aging still involves creation of new cells). So, I try to find "meaning" in my life by prioritizing on finding new solutions to issues that arise in different facets of our lives (home, work, community, personal self, etc.).