

# **Sunday May 25th, Zoom Discussion: "What Would Epicurus Say About the Search For 'Meaning' In Life?"**

**Post by "Rolf" of May 25, 2025 at 6:57 PM**

Refined my FAQ response suggestion slightly:

## **Where is the meaning in Epicurean philosophy?**

First, let's clarify what we mean by "meaning." Are we asking if life has an objective purpose—a grand cosmic aim? Or are we talking about subjective meaning—a sense of fulfillment or significance in our daily lives?

Epicureanism doesn't claim there is a cosmic or metaphysical meaning to life beyond the natural world we experience. Instead, it focuses on how to live well here and now.

- If "meaning" means being part of something bigger than ourselves, then Epicurean meaning is found in friendship, community, and mutual care.
- If "meaning" means having an ultimate goal or aim, then Epicurean philosophy identifies that goal as pleasure.
- If "meaning" means feeling fulfilled, then it comes from engaging with the things that reliably bring us pleasure. For some, this might be creative expression; for others, time spent in nature or honing a craft.

Just as you wouldn't ask for the "meaning" behind enjoying a delicious slice of cake—you eat it because it tastes good and brings pleasure—life itself need not have a deeper "meaning" beyond the pleasure we experience in living it well.