

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

Post by "Kalosyni" of May 26, 2025 at 2:31 PM

## [Quote from Don](#)

People seem to want/need a "greater purpose" for their lives, or to understand the "value" of the lives, to understand the significance of their lives in the grand scheme. That search for "meaning" seems like trying to chase a mirage. There is no ultimate or supernatural or divine purpose, value, or significance to an individual's living their life over and above pursuing pleasure and avoiding pain, just like every other living creature.

Another thought occurs to me now...

What about ancestors and descendants, or where we have come from (or out of) and where our off-spring are going. I'm thinking that this should be the kind of "meaning" that people consider, and it would be natural to wish a pleasant and long life for one's off-spring. And perhaps the world would be a different place if this would be fully considered when politicians and CEOs made decisions.

## [Quote from Don](#)

But I sincerely think people are fooling themselves (and more power to them) when they call that their life's purpose or meaning rather than acknowledge they're seeking pleasure.

What happens when you no longer believe you are experiencing "peak pleasure"? I would define "peak pleasure" as the kind of pleasure that doesn't require any contemplation because the pleasure is direct and at a level of intensity that you directly feel it in your body (no need to ask yourself "is this pleasurable?" because it just is). This may be the kind of pleasure that can "be okay" when you are young, but you wouldn't engage in (nor can you) as you get older because 1) your body isn't at the fitness or endurance level needed; 2) your nerves and reflexes have aged; 3) you can't safely metabolize sugar/alcohol anymore; 4) there are some risks involved which involve you and other people - "gather ye rose-buds while ye may" (intentionally vague here 😊).

And so...all that you are left with are the quiet pleasures of brief moments of mental enjoyment. Then it seems that "meaning" becomes a way to enhance mental pleasure (depending on how

you cognize it).