

# What amount of effort should be put into pursuing pleasure or removing pain?

Post by "Cassius" of June 26, 2025 at 4:22 PM

Great points and they definitely lead to your final question.

## [Quote from DaveT](#)

I don't know how that way of life can be widely adopted unless monotheistic thought is abandoned widely. Thoughts?

I believe that you are right and the Epicurean way of life can't be widely adopted in many parts of the world - the prevalence of monotheistic influence, including in the morality of "humanism" which has much the same basis, is a huge obstacle.

Certainly monotheistic religion is not going to be abandoned overnight, but on the other hand there was a time when it played little role in Western civilization, so it's not inevitable that it remain so powerful.

Epicurus didn't have to confront the type that we confront today, but I agree with Nietzsche that Epicurus was already combating a form of monotheism as it existed in the Greco-Roman world at his time. What we face today is a much more powerful and oppressive form than what Epicurus faced.

But if Epicurus was right - as I think he was - there is no fate or necessity that prevents change from happening. We live in a time when at least for now information is more widely accessible than ever, and that opens up possibilities that never before existed.

Epicurean philosophy provides a foundation from which people in the future can build further to overcome these problems, and even now in the present I personally get a lot of satisfaction and pleasure out of thinking that we can do a small part to re-educate the world to the Epicurean alternative.

No doubt we know only the famous ones, but every example of a devoted Epicurean in the ancient world seems to have been a campaigner for the views that they adopted from Epicurus. That's really the core mission of Epicureanfriends.com, to campaign on these ideas, even as we also help ourselves and learn to live better in the here and now.