

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

**Post by "Adrastus" of July 13, 2025 at 4:18 PM**

The "meaning crisis" for me, has always been a bit of an affront to basic human activity that is so obvious once one embraces natural human relationships. The Epicurean Canon: my sensations, my prolepsis, my emotions; indicates to me all the meaning I could ever want or need to navigate life "meaningfully"; proffering all manner of solution to social and material disturbances. Living pleasantly with friends, returning to an ataraxic mind and katastematic and kenetic pleasure renders life deeply enjoyable and well worth living onward. When I feel like cultivating and tending to the garden of the inner life of the soul and outwardly with friends and family isn't enough, then I choose to pursue something in the public sphere that I reason is good for the "polis", or renders reciprocal justice to kind souls who have helped me and people I care about, or benefit events for organizations that legitimately do good work and calming restless souls who simply have not pursued the Doctrine and Philosophy of Epicurus. I try to make my public workings comport to two or more of those criteria. I'm not sure what else anyone could get up to beyond directly taking the reigns of power in politics or business.