

How do we know that we only get one life?

Post by “Kalosyni” of April 11, 2026 at 8:44 AM

[Quote from DaveT](#)

Therefore since biologically the brain is constantly trying to predict what will happen next (for my continued existence), it has a problem seeing the world after death. He speculates that this is why an afterlife of some type is an element of almost every religious beliefs system.

And the internal experience of being alive is as if we "feel" immortal (and yet we are not).

Also, it is much more appealing to think that there is something good coming (such as heaven) rather than nothingness.

But just because we "feel" immortal doesn't actually make us immortal. And just because we can imagine a heavenly place after death, doesn't make it so.

I think that the Epicurean needs to spend time contemplating the truth of the cessation of the senses and the mind. And, also needs to focus intently on living life to the fullest by making good and joyful choices - and in a way "make heaven on earth".