

How do we know that we only get one life?

Post by "Cassius" of April 11, 2026 at 10:49 AM

[Quote from Kalosyni](#)

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".

And the best way to do that is through regular teamwork with people who already agree or are close to agreeing with you, and not continuing to imagine that maybe the rest of the world will one day wake up and everything will be different.

If someone studying Epicurus is stuck doing so by themselves, and making no further changes with the people they associate with, then they might as well just put the book back on the shelf for all the good it will do them.

And sitting around waiting for an Epicurean "commune" to open up across town is equally unrealistic and unproductive.