

# How do we know that we only get one life?

Post by “Patrikios” of April 11, 2026 at 1:20 PM

[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".

[Kalosyni](#) ,

I just love the way you add the soft touch reminder that this Epicurean work comes down to living a life of wellbeing as fully as possible within the environment and circumstances we find ourselves!♥

Maybe we can discuss on a future Eikas Zoom, or Sunday session.