

## **SOE13: The goal of religion**

**Post by “Elayne” of December 30, 2019 at 12:37 PM**

Any action at all, including thinking and feeling, requires the consumption of ATP, energy, and takes some level of effort, which can be pleasurable or not. You give the example of singing as effortless-- as a soprano who sings in public performances, I promise there's effort even in singing alone in the shower. It takes muscle. But I enjoy it immensely.

Purely effortless pleasure is impossible. Painless pleasure, on the other hand, is possible, and I know because I've had it.

I think Epicurus would argue with Philodemus, and if not, I'll argue against them both.