

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

**Post by “Elayne” of December 31, 2019 at 11:14 AM**

Hiram, ok, if you are asserting that the science on pious practices is solid, please give me a study. I haven't seen one yet without gaping holes and confounding factors, but I'm happy to review your sources. Also, even if you found clear evidence that a religious practice had strong pleasure benefits, you'd need to repeat that research in materialists, because it might not generalize.

The mindfulness research, for instance, is a big mess. And there are increasing concerns about adverse effects in long term practitioners.

I'm always thrilled to have a conversation based on actual evidence-- we can work with that!

For most things I know of in medicine, any specific treatment has risks (pain or possible pain) and benefits (pleasure or possible pleasure), and it will also have a percentage who don't respond. The tetanus vaccine is near 100% effective but not much else. So a wise Epicurean would look at the stats, see if any precautions applied to them personally, and decide.