

# Daily Interactions With The Non-Epicurean World

Post by "Godfrey" of July 13, 2020 at 2:23 PM

SamJ, regarding the atomic universe.... Since everything is material and there is no supernatural or afterlife, this should put all of our focus on our lived life. This has given me an understanding that the only meaning to my life is that which I choose, and that this choosing is a process of being open and attentive to my desires as well as to my sensations, unconscious knowledge, and pleasures and pains. This choosing is an intuitive and hard to describe process, and of course it's different for everybody so it may not even be useful to try to describe it. But my opinion is that working with this process is far more important than any life hack, unless you want to think of *it* as a life hack. At any rate, this is giving me more confidence in my choices and, as a natural consequence, more focus in my daily activities.

Another implication of the atomic universe is that I find that I have a greater sense of wonder after I've been giving "the nature of things" an extended bit of thought.