



Dear Friend,  
Have you heard of Epicurus?  
... the man who showed us the way to reality

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by

Society of Friends of Epicurus

## **Do not Fear, Epicurus is Here!**

2,300 years ago there was born a man in the island of Samos by the name Epicurus.

Epicurus of Samos was no ordinary man. His life was said by his later followers to seem like a myth and today he is seen as nothing less than a humanist culture hero. Although he underwent conventional education, he became a self-taught philosopher and developed a practice of human well-being and happiness unlike any other, one that was founded on the study of nature and on science.

His teaching protects our minds from externals, from ignorance, vain desires, and other sources of unpleasantness. He helps his followers to carry out an inner revolution and build a fortress around their mortal souls where they can live imperturbable and at ease. All this he does with a therapeutic, compassionate applied system of philosophy which constitutes nothing less than a cultural treasure of humankind.

## **The Good News**

Epicurus taught that life should be pleasant and that any ethical system that we create has to be for living humans, for it is they who are capable of pain and pleasure, of love and fear, who are the reason for the existence of ethics in the first place. Ideas and abstractions do not have life in them: only subjects can experience life in all its complexities. To remove ethical considerations from the pragmatic realities and needs of human beings is folly, impractical, and immoral. Therefore, a teaching is not worthy of the label philosophy, unless it removes the suffering of mortals and keeps the soul healthy.

He also taught that happiness was easy to achieve and provided clear and cogent teachings that anyone can follow on the path to a happy, pleasant, peaceful, and beautiful life rich in wisdom and friendship.

We Friends of Epicurus invite you to learn more about Epicurus and his wholesome philosophy!