

“Do you want to be happy? Of course you do! Then what’s standing in your way? Your happiness is entirely up to you. This has been revealed to us by a man of divine serenity and wisdom who spent his life among us, and showed us, by his personal example and by his teaching, the path to redemption from unhappiness. His name was Epicurus?” - D.S. Hutchinson

“This is the sort of thing you might have heard an Epicurean preaching in the market square of an ancient city. If it sounds like a religious message, that is no coincidence; Epicurus was revered by his followers as though divine, a sage who had answers to all the important questions of life. What attracted converts was the prospect of personal happiness, for which Epicurus offered clear philosophical advice.” - D.S. Hutchinson

“Is God willing to prevent evil, but not able? Then he is not omnipotent. Is he able, but not willing? Then he is malevolent. Is he both able and willing? Then how can there be evil? - Attributed to Epicurus

“Let no one be slow to seek wisdom when he is young nor weary in the search of it when he has grown old. For no age is too early or too late for the health of the soul. And to say that the season for studying philosophy has not yet come, or that it is past and gone, is like saying that the season for happiness is not yet or that

it is now no more. Therefore, both old and young alike ought to seek wisdom, the former in order that, as age comes over him, he may be young in good things because of the grace of what has been, and the latter in order that, while he is young, he may at the same time be old, because he has no fear of the things which are to come. So we must exercise ourselves in the things which bring happiness, since, if that be present, we have everything, and, if that be absent, all our actions are directed towards attaining it.” - Epicurus, Letter to Menoecus

“Epicurus developed a system of philosophy and a way of living that deserve our respect and understanding, perhaps even our allegiance.”

- D.S. Hutchinson

THOMAS JEFFERSON was too an Epicurean as he described in one of his letters. He, like Epicurus, treated slaves as equals and advocated natural human rights.

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“Death is nothing to us” - Epicurus

WHO WAS EPICURUS

“Let us live while we are alive” - Epicureans

Epicurus was born to a poor Athenian colonist in Samos, he was neither aristocratic or wealthy. He was one of the most influential philosophers of his time. Much of his work still bears a great significance in our modern world that we presently reside in. His philosophy was a way of life. Did you know that hobbits in the Lord of the Rings (J.R.R. Tolkien) were of an Epicurean model of life?

WHAT EPICURUS TAUGHT

-Selections of the Principle Doctrines-

A blessed and imperishable being neither has trouble itself nor does it cause trouble for anyone else; therefore, it does not experience anger nor gratitude, for such feelings signify weakness.

Death is nothing to us, because a body that has been dispersed into elements experiences no sensations, and the absence of sensation is nothing to us.

Pleasure reaches its maximum limit at the removal of all sources of pain. When such pleasure is present, for as long as it lasts, there is no physical or mental pain.

Continuous physical pain does not last long. Instead, extreme pain lasts only a very short time, and even less-extreme pain does not last for many days at once. Even protracted diseases allow periods of physical comfort that exceed feelings of pain.

Pleasure and virtue are interdependent

It is impossible to live pleasantly without living wisely and honorably and justly, and it is impossible to live wisely and honorably and justly without living pleasantly. Whenever any one of these is lacking (when, for instance, one is not able to live wisely, though he lives honorably and justly) it is impossible for him to live a pleasant life.

Some seek fame and status, thinking that they could thereby protect themselves against other men. If their lives really are secure, then they have attained a natural good; if, however, they're insecure, they still lack what they originally sought by natural instinct.

No pleasure is a bad thing in itself, but some pleasures are only obtainable at the cost of excessive troubles.

If every pleasure could be prolonged to endure in either body or mind, pleasures would never differ from one another.

If the things which debauched men find pleasurable put an end to all fears (such as

concerns about the heavenly bodies, death, and pain) and if they revealed how we ought to limit our desires, we would have no reason to reproach them, for they would be fulfilled with pleasures from every source while experiencing no pain, neither in mind nor body, which is the chief evil of life.

The four-fold cure for anxiety:

Don't fear the gods

Don't fear death

Goods are easy to obtain

Evils are easy to endure

Natural and necessary desires: Food, Water, Sleep; Shelter; matters we cannot survive without.

Natural but unnecessary desires: There is no real need to struggle for unnecessary things.

Unnatural and unnecessary desires: wealth and power, for example, should be absolutely avoided. An Epicurean would live only for his/her needs as reality can be tough when those desires are not met in the future and cause much pain.

“Lathe Biosas” - Live Quietly. The Epicurean saying, which means the wisest do not care for politics or commerce, and devotes his life to simplicity, justice, and friendship.