

The Fourfold Cure (cont.)

3. What's pleasurable is easy to get:

Nature has made the things necessary for life easy to acquire. Unnecessary and disadvantageous desires are easy to get rid of.

4. What's terrible is easy to endure:

Pain is either temporary and thus soon to leave us, or where it is continuous we gain the ability to cope with it.

Start Your Own Garden!

If you want to start living a modest life of philosophical communion, take the Philodeman Oath: "I will be faithful to Epicurus, according to whom it has been my choice to live."

Celebrate the **Feast of Epicurus** on the 20th of every month with your friends and loved ones. Start your own traditions – maybe use it as an excuse to see friends you haven't seen in a while. Talk about life, the universe and everything, or just enjoy each other!

"Stranger, you would
do good to stay
awhile, for here the
highest good is
pleasure."

— Inscription on the gate to the Garden

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Epicureanism

a brief
introduction



Learn the Basics



A Missionary Philosophy

In 306 BCE, Epicurus of Samos started a philosophical school just outside Athens called the Garden, which taught that a modest, pleasant life surrounded by a community of supportive friends with a proper understanding of the natural world free of superstition was the highest good humans could aspire to.

It flourished for 700 years thanks to adherents eager to share its simple message with the world. Epicurus' letters and books circulated, and his teachings were put on public monuments.

The Canon of Truth (or Tripod)

Epicurus thought that Nature was the supreme teacher, and offered three tools for "measuring" what was and wasn't true:

1. **Sensations:** Our five senses give us information about Nature.
2. **Feelings:** Our feelings of pleasure and pain, when rationally attuned, provide us information we need to survive in Nature.
3. **Anticipations:** Our mental faculty to recognize things based on abstracted memories of repeated exposure to similar things in Nature.

The Fourfold Cure

The Tetrpharmakos or Fourfold Cure is a simple summary of Epicurean teachings on the good life:

1. **Don't fear the gods:** Epicurus taught that the gods, if they exist, are physical beings living lives of perfect bliss, unconcerned with the human world. There is no higher power judging human actions, sending blessings and curses, or communicating with mankind. The proper attitude towards these distant beings is to see them as an example of the good life humans should strive towards.
2. **Don't fear death:** Epicurus' world was one made of atoms. When we die, our atoms disperse and we are no more. We shouldn't fear death, anymore than we fear the nothingness that preceded our birth.