

# Welcome Philia!

**Post by “Kalosyni” of August 6, 2021 at 5:22 PM**

Thank you Cassius, and thank you for creating this amazing resource and forum!

My studies of Epicurus have just begun this summer, so I am just beginning to build knowledge and understanding. So far I've been reading what I can on the internet, poking around and seeing what I can find, which is how I found this forum. I soon hope to order DeWitt's book, thinking an actual physical book would be nice.

You wrote: "All of us who are here have arrived at our respect for Epicurus after long journeys through other philosophies,...".

And that is true for me as well. I studied Buddhist philosophy (many schools of Buddhism and different teachers) and also attended a Zen Buddhist group for a number of years. But I was not happy, and struggled with feelings of emptiness and dark thoughts. It's not enough for the mind to "try" to end suffering. One needs to actively cultivate happiness, and now it feels to me that Epicurus philosophy has a way for me to do so.

Having found Epicurus ancient philosophy, I feel like it has already helped me. I feel more hopeful. It is truly a gift to incline the mind toward pleasure and the goodness of life! Especially appealing to me is the emphasis on friendship in Epicureanism.

Thank you again for this place to connect with others who are interested in this philosophy!