

# Multiple Components Comprise the Epicurean Life

Post by “Don” of October 23, 2021 at 7:30 AM

I completely agree it's up to [Kalosyni](#) to say if she is in agreement with what [Godfrey](#) and I have added.

But, it at least seems to me, by entertaining the idea that pleasure can be the guiding principle of one's life, to quote Obi-Wan Kenobi (to stick with Star Wars references), "You've taken your first step into a larger world."

I sympathize with [Cassius](#) 's perspective and concerns, but...

- We did briefly discuss the "stealth" Epicurean concepts in modern culture recently. Bringing those to light may be helpful to make them more apparent to people.
- Epicurus himself was the one who said it was sufficient to point to babies and animals to "prove" his point that pleasure was the highest good.
- Wisdom and reason, correctly applied, arise from an understanding of the whole system. But I would assert that recognizing that pleasure - living joyously and sweetly - can be a beautiful, honorable (kalos) goal in life is a pretty good first step in exploring the path of the Garden.