

# Differences between Epicureanism and Cyrenaicism

Post by "Kalosyni" of October 31, 2021 at 12:15 PM

## [Quote from Cassius](#)

Every aspect of Epicurean philosophy is geared toward focusing on pleasure as the goal, not at "keeping our desires at a minimum" as a goal.

[Cassius](#) that's too much of a black and white, all or nothing interpretation. The desires that should be kept to a minimum are those that lead to pain and difficulty.

Now as I read your comments, I would venture to say, that on this forum you, my dear Cassius...you are forging a new kind of Epicureanism, and in fact you are a "Neo-Epicurean" yourself...and it could be called "Cassianism".

And this very well might be it's formula:

Assertiveness + material wealth + daily enjoyment of using one's wealth = the goal of life is to enjoy your material riches in physical pleasure.

So those who have the wealth to do so may follow this hybrid interpretation.

Those of us who are less wealthy understand the benefits of not investing mental energy onto all the modern "dainties" that could be acquired if one had the money to buy them. And so we turn our attention to focus much more intently onto mental pleasures.

My words of advice: What the wise should cultivate desire for (and then take action on) is this: Friendship, companionship, camaraderie, good conversations, and time to be physically present with friends.

Cassius and all, I wish you well. And may you live in blessedness.

(Of course, any and all who wish to respond here, please do so).