

# **Can you be an epicurean and use some logic with the senses?**

**Post by “Hiram” of December 7, 2018 at 12:33 PM**

The writings of Philodemus make it clear that only (well-reasoned, empirical) arguments can heal the soul. This is made clear, for example, when he discusses the healing properties of music and argues that only the content of the songs, if it contains the healing words (logos, related to logic) of philosophy, can heal.

And so Philodemus prescribes cognitive therapy to deal with emotions, thoughts, and beliefs that are misaligned with nature.

But outside of that, if there are medical or mental health issues, no one in the Epicurean group is licensed for therapy and professional advice should be sought. Philosophy only helps to keep basic existential health, not in cases that require special care.