

# What Do You Take From The "Golden Mean" of Aristotle?

Post by "smoothiekiwi" of February 14, 2022 at 11:18 AM

Wow, a lot has happened in the last 24 hours... welp. Anyway, I had two thoughts when reading [Kalosyni](#) 's post:

## [Quote from Kalosyni](#)

- 1) "Epicureanism lite" - for people with less time or inclination to study
- 2) "Epicureanism engaged" - for people who want to put in serious study
- 3) "Epicurean guardians and guides" - for people who want to maintain the accuracy of the teachings and teach others

That's a good point- but are there enough interested people to divide them in groups?

## [Quote from Kalosyni](#)

This morning as I write this, I notice...Oh what a difference a solid good night of sleep makes! As well as a sunny morning with crystal blue skies! But there is still more than these simple pleasures to discover and cultivate in Epicureanism

Actually, I had this feeling just yesterday, when I went out and enjoyed the sunny nature (we're living right next to a park), the birds flying around, the nature vibrating and living... and at this moment, Taoism came to my mind, with its focus on calmness and simply enjoyment of the things around. But then I asked myself- would I be willing to sacrifice my friends, the moments of excitement and pleasure, for calm awe before Nature for the rest of my life? And, to be honest, probably not.

That's an issue I generally have with the contesting philosophies- they all have some wisdom behind, they all look at life in a certain light, and each way of thinking is correct in itself. But when applying it on a given situation, it shows its weakness. Stoicism is great when you're a POW and have to hold out- but in everyday life? Nope, thanks. Taoism is fantastic if you're a monk in a Himalayan monastery- but is it applicable when you're at a party with friends, where your calmness is out of place? Nope. Christianity is great when you're in a church, together with friends praying to God- but is it good when you're at home, thinking whether or not you will go to Hell? I wouldn't like that.

So far, Epicureanism is the only philosophy I see which has coherent answers to all of these problems- enjoy the parties, respect the Nature and enjoy the sunlight, but don't fear Hell, as

<http://www.epicureanfriends.com/thread/2392-what-do-you-take-from-the-golden-mean-of-aristotle/?postID=16827#post16827>

there isn't any. Great stuff!