

Epicurean Change

Post by “Kalosyni” of April 9, 2022 at 9:18 AM

[Quote from Matt](#)

You can probably infer from my veiled language what the change is. But it's astonishing the hold that some circumstances have on us and how long we are willing to be miserable for.

I have a certain understanding of "free will" that may or may not be purely Epicurean, and sometime in the future may go further into that -- but basically be kind to yourself and forgive yourself, and congratulations on your spring renewal, as sounds like something finally shifted in your life!!!

From my own experience, I have found that sometimes it can take some time to figure things out and find a way forward to a better life. And then a small shift begins a quantum leap. Yet life is a mix of experiences -- in our human bodies we will all feel pleasure and pain, both physical and mental. As we use reason and wisdom to move toward pleasure, we can begin to trust ourselves and life -- we can trust that whatever might come in the future, we will find pleasure and enjoyment, and move toward a fullness of pleasure and joy in life.