

# Kalosyni's Personal Epicurean Outline

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Gathering my thoughts -- Another Outline - December 23, 2022

As an Epicurean, here is what I believe:

--That there is no God who created the Universe, or is involved in human affairs, both in this life or after death.

--That the soul only exists as a phenomenon tied to the physical body, so it ceases to exist when we die. There is no heaven or hell after death.

--That there is matter which is composed of atoms, just as in modern science. And it follows natural causes, and is subject to natural laws. So that supernatural beliefs are incorrect regarding function of matter and the universe. Matter is subject to physical causes and conditions and my thoughts cannot physically affect the outcome of things -- only direct actions affect the physical world.

--That creating and living the most enjoyable life is a worthy goal. This means that I take charge of doing what needs to be done to set up the circumstances which will bring about the most pleasant and enjoyable life according to my unique personality and feelings. Other people may require differing elements or modes of living to experience an enjoyable life, and it is up to my own self to direct my pursuit of happiness -- no one else can do it for me. And therefore how I go about doing this may differ from others.

--That using wisdom and evaluating choices and avoidances to achieve the best outcome is an important part of creating a pleasant life.

--That understanding the nature of pain, pleasure, and desire is necessary for making good choices and avoidances. And that a pleasant life and a pleasurable life are equally important.

--That it is good to have good friends who share this same worldview and who wisely consider their actions in creating a pleasant and pleasurable life. And that the sharing of pleasure in friendship is a pleasure.

The Why -- This is important if others question my beliefs or if I am needing to explain to someone what I believe (more on this in the future).