

A Happy Life: the Emotional Feeling Tone of the Epicurean Lifestyle

Post by “Kalosyni” of March 24, 2023 at 10:34 AM

I've just posted this new entry on my "21st Century Epicurean" blog...

Here is an excerpt from the opening:

Quote

Does the Epicurean lifestyle lead to a happier life?

I would like to present the idea that happiness is a practice that can be learned. So it is possible to enhance one's happiness by doing and thinking certain things.

In several of the Epicurean verses we see indications of the feeling tone present in an Epicurean lifestyle:

"One must laugh and seek wisdom and tend to one's home life and use one's other goods, and always recount the pronouncements of true philosophy." (VS 41)

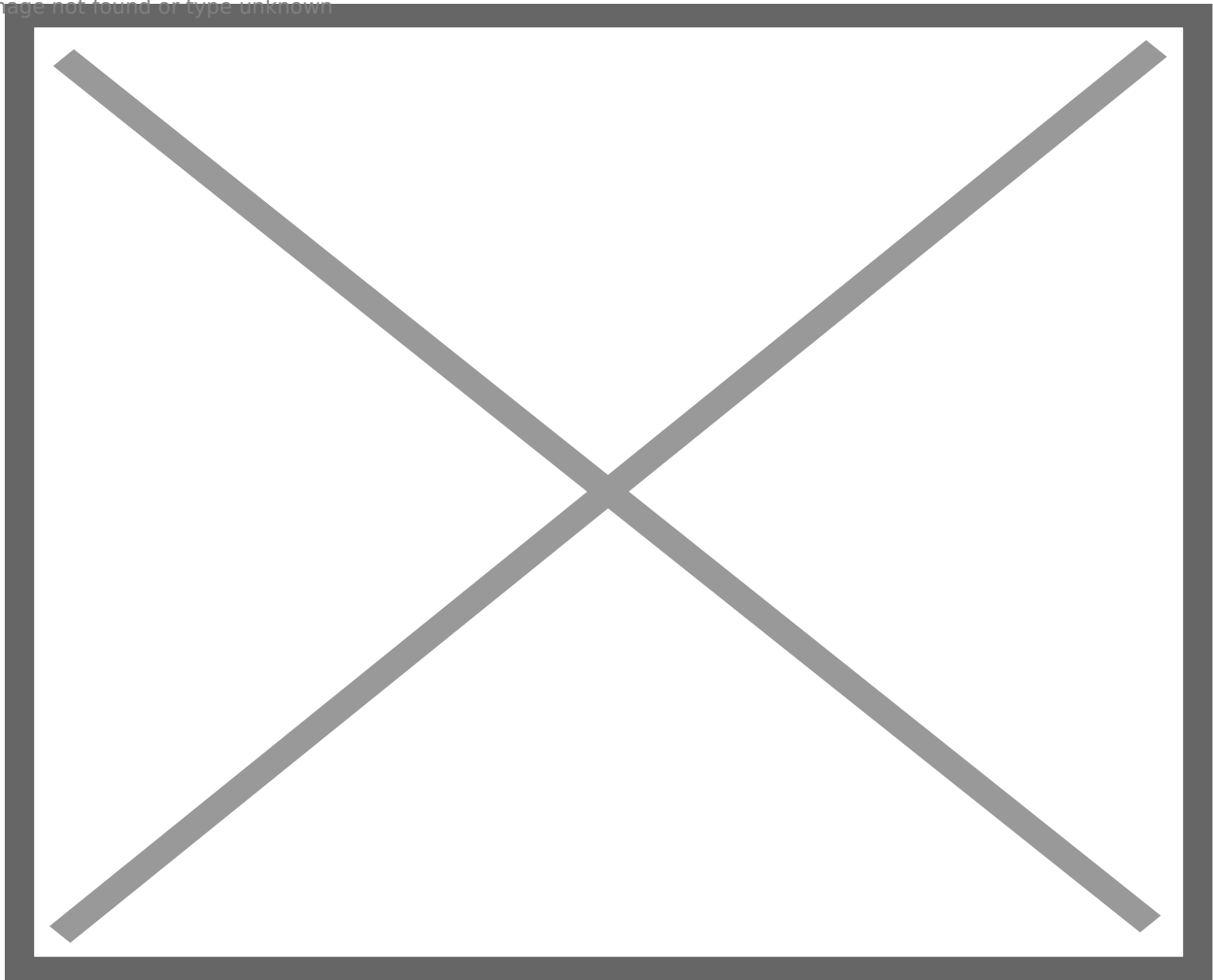
"Friendship dances around the world, announcing to each of us that we must awaken to happiness." (VS 52)

"It is not the young man who is most happy, but the old man who has lived beautifully; for despite being at his very peak the young man stumbles around as if he were of many minds, whereas the old man has settled into old age as if in a harbor, secure in his gratitude for the good things he was once unsure of." (VS 17)

Consider the feeling tone of your last three days. What kinds of feelings predominated?

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