

# Eclectic Take on Epicurean Philosophy; Earlier Origin of Some Epicurean Concepts; Method of Loci

Post by "Kalosyni" of November 23, 2023 at 9:21 AM

[Quote from Don](#)

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I would blame the "enjoying cheese" aspect on the small "e" epicurean food movement.

Yes, that and the whole "Epicurus only at bread and water with the occasional 'pot of cheese.'"

The source of that was Diogenes Laertius, biographical commentary.

And yet we have PD8 to throw into the mix.

And this also reminds us that we do what pleases us and leads to the best result, according to circumstances, and not any one specific thing for everyone...no hard and fast rules, but just pleasure and pain with choices and avoidances.

Perhaps an aspect of eclecticism -- and a danger since it can water down the Epicurean system of philosophical concepts -- comes about when exact "advice" is given in such manner as if it implies that everyone should do the same thing just because it appears to lead to pleasure.

Also, "wrong" (in that for some it might lead to an unpleasant/unhealthy outcome) would be to claim that we should all just eat bread and cheese because Diogenes Laertius wrote that Epicurus did -- this would be a kind of "fundamentalism" which is going too far, and an example of not applying correctly the system of philosophical concepts. Also, some here on the forum may enjoy gazing upon an image or bust of Epicurus, but this is not part of the framework of the deeper system of philosophical concepts -- so it is up to each person to decide if they find pleasure or benefit in such a practice. As an aside, since it is a popular practice in Buddhism with the image of the Buddha, and "I have been there, done that" with the image of Buddha, then I don't find this of any benefit for my own well-being now (and no longer "practicing" Buddhism).