

# My 2024 Resolution: Get A More Accurate Picture of Epicurean Pleasure To The World Rather Than "Tranquility" or "Live Unkown"(Comment on Irish Times Article)

Post by "Don" of January 27, 2024 at 7:05 AM

Source:

[Moral letters to Lucilius/Letter 25 - Wikisource, the free online library](#)

This is also the letter that has SIC FAC OMNIA TAMQUAM SPECTET EPICURUS:

Quote from Seneca

4. But do you yourself, as indeed you are doing, show me that you are stout-hearted; lighten your baggage for the march. None of our possessions is essential. Let us return to the law of nature; for then riches are laid up for us. The things which we actually need are free for all, or else cheap; nature craves only bread and water. No one is poor according to this standard; when a man has limited his desires within these bounds, he can challenge the happiness of Jove himself, as Epicurus says. I must insert in this letter one or two more of his sayings:[2] 5. "*Do everything as if Epicurus were watching you.*" There is no real doubt that it is good for one to have appointed a guardian over oneself, and to have someone whom you may look up to, someone whom you may regard as a witness of your thoughts. It is, indeed, nobler by far to live as you would live under the eyes of some good man, always at your side; but nevertheless I am content if you only act, in whatever you do, as you would act if anyone at all were looking on; because solitude prompts us to all kinds of evil.