

# Welcome Chryso!

**Post by “Chryso” of April 2, 2024 at 10:36 PM**

Hello, Peace and Safety. I am still a novice at applying Epicureanism to my daily life but I have been reading about it and studying it for a little over a year now. I started with Stoicism but found that it wasn't for me. I don't care for the call to civic duty and I don't agree that virtue is the highest good, I fell in line with Epicurus's view that they are instrumental to achieve mental tranquility.

My self-education started with watching any and all relevant videos on YouTube from casual explanations to full lectures from collegiate professors. I have read *On the Nature of Things* and *The Art of Happiness*, owning my own copy of both. I am currently reading *Living for Pleasure* and have on my shelf to be read next *Tending the Epicurean Garden* and *How to be an Epicurean*.

My philosophical education isn't solely Stoicism and Epicureanism; I have explored other schools of thought such as Cynicism (interesting but not my thing either) and several flavors of Existentialism. Epicureanism fit my natural inclinations better than any other philosophical view (like justice being merely an agreement between parties, crudely summed up).

I am an atheist, so no appeal to the supernatural from me. I don't see this as clashing with Epicureanism even though they were theist to some degree as any deity that does not interact with the world may as well not exist or only represent an ideal at most.

While I don't think it is an issue, I did see it listed in the first graphic, I am sympathetic to the concept of Hard-Determinism. However, I only find this view plausible from a purely physical point of view. While I think HD is more likely than not, I don't base my interactions around it or behave with the assumption that nothing matters since everything is determined. I am of the mindset that even if everything is determined, the brain doesn't behave with that in mind. As I see it, we act as though we have free will because we have no choice otherwise. I generally see HD as an unfalsifiable proposition, and as such, it doesn't go beyond an interesting conversation topic for me.

My focus for practicing Epicureanism is to have a philosophy of life that makes sense when observing the world and can lead towards a satisfying life. I think the Epicureans were well ahead of their time in terms of understanding the world, especially without the equipment that would be necessary to test their assertions (atomic theory, the swerve/"random" atomic motion, and implications of evolution/natural selection to name a few).

Finally, I found this forum from one of the older videos on the Society of Friends of Epicurus YouTube channel.