

Unpaid_Landlord's personal outline

Post by “Kalosyni” of July 3, 2024 at 2:04 PM

[UnPaid_Landlord](#) Great outline!

This section popped out at me:

[Quote from UnPaid_Landlord](#)

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change

My actions are my only true belongings and I can't escape their consequences.

While these are somewhat true, I don't think Epicureans would say these kinds of things. (These sound Buddhist?...and they sound a bit depressing to me.)

Here is an Epicurean take on old age:

"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

Here is an Epicurean take on ill health:

"Pain does not last continuously in the flesh; instead, the sharpest pain lasts the shortest time, a pain that exceeds bodily pleasures lasts only a few days, and diseases that last a long time involve delights that exceed their pains." - PD 4

Here is an Epicurean take on impermanence:

"The body cries out to not be hungry, not be thirsty, not be cold. Anyone who has these things, and who is confident of continuing to have them, can rival the gods for happiness." - VS 33

...and...

"Misfortune must be cured through gratitude for what has been lost and the knowledge that it is impossible to change what has happened." - VS 55

Here is an Epicurean take on virtuous actions:

"It is not possible to live joyously without also living wisely and beautifully and rightly, nor to live wisely and beautifully and rightly without living joyously; and whoever lacks this cannot live joyously." - PD 5

(All quotes above are Peter Saint-Andre translation).