

Toronto Canada Meetup Group (Discussion on Implementation)

Post by “Kalosyni” of April 5, 2025 at 10:57 AM

[AxA](#) That's great that you had another meeting with such a good turn out!

[Quote from AxA](#)

We ended with: “The optional “homework” is to think of ways of bringing this philosophy to life other than talking. Conversation will always of course have an important place in philosophy, but I’m interested in all the other ways to turn these ideas into real life effects. The suggestions so far have been boxing, interpretive dance, and eating (either feasting on cheese or just eating bread, olives and water after a long walk for “hunger sauce” lol).”

Some thoughts and suggestions...

The philosophy of Epicurus has many conceptual sub-categories dealing with specific aspects:

- knowledge and study of natural physics
- the knowledge of how we can know if something is true
- overcoming the fear of death through understanding the true nature of human beings
- the true nature of pleasure and pain
- prudence and wise choices
- pursuing pleasure and ethical living which leads to well-being (eudiamonia)

You could create specific homework assignments that deal with these and other specific aspects and concepts of Epicurean Philosophy which would require study and contemplation.