

What kinds of goals do Epicureans set for themselves?

Post by “Patrikios” of February 5, 2026 at 6:12 PM

[Quote from Kalosyni](#)

*And in fact the **accurate knowledge** of details will be fully discovered, if the general principles in the various departments are thoroughly grasped and borne in mind; for even in the case of one fully initiated the **most essential feature in all accurate knowledge** is the capacity to make a rapid use of **observation** and **mental apprehension**,*

...

The **investigation of nature** is important so that one understands that god/gods are not creating all the phenomenon of the world, but that the phenomenon of the world are caused by naturally occurring processes unrelated in any way to god/gods.

[Kalosyni](#) ,

Thank you for raising this topic.

As I read the first quotation you mentioned, I am struck by the need for keen **observation** in order to gain **accurate knowledge**! This means not only looking at something in nature, but really seeing and studying how nature reveals more details. The “**mental apprehension**” I have found is built through repeated experiences; which is how our ‘**prolepsis**’ of a natural phenomenon is further developed. Thus, repeated exposure within nature, especially forests, rivers, coastlines; helps build deeper connections for us humans to thoroughly grasp the details of nature’s miraculous processes.

This message of setting a goal, means we can’t just think or read about nature or a natural process, we have to better understand what are **our** “natural” desires, [*Know Thyself*] and which are necessary for our life of physical, mental and spiritual wellbeing. So, it seems to me that this message says we need to spend time in and with nature, in order to feel the full effect of the natural processes that helps guide us to make better choices and avoidances, based on more accurate knowledge of ourselves and our natural environment.

This view is not meant as the only way to interpret or apply the principles of the quotation, but simply the way the words resonate with how I find these Epicurean sayings bring me closer to

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and appreciating nature. I find that daily time in nature has enabled me to be in more of a daily/hourly “flow” with the environment (people, places, news) I encounter each day. This results in the wellbeing spirit (eudaimonia) we seek.

I’d love to hear how other of our Epicurean friends view and apply this concept.