

Welcome AlteFrau!

Post by "Cassius" of June 8, 2026 at 1:52 PM

AlteFrau tells us:

This is to confirm my request for a new account.

I have always been interested in religion and philo. I am irreligious, so philo has been my go-to when wondering how to find meaning. Emotionally I am Schopenhauerian, but I have also read and re-read and re-read The Meditations and Epictetus. When I read Cicero's arguments against Epicureanism, however, I thought, Hold on, this sounds really good! Rather than strive (and fail again and again) toward The Good, why not move away from The Bad? So I decided to read everything I could about E and decided to live my life accordingly as much as possible. I don't live in a garden with friends, but I have attempted to align myself with E ideals. Last year my father died, and it was horrible. I moved into his little apartment for his last month while he was in hospice. We did not always have a good relationship. I was away from my husband and my Pomeranian, who was very old and sick at the time, and I cried a lot. But what got me through it was NOT being stoic and thinking about filial piety or being brave, but making the decision to move (emotionally) away from resentment and away from anger. My sister is a born-again xian and she had a harder time with this than I did because our dad was not a xian and she is now worried about his soul. But death is nothing, isn't it?

Anyway, that's my background with this.