

# Welcome Luzveraz

Post by “Patrikios” of July 13, 2026 at 4:30 PM

## [Quote from Cassius](#)

I begin to realize the feeling of true happiness and warmth in my heart is the judge of good and bad. I begin to be committed to the idea to "find and create true happiness", and I become happy with my life and unafraid of the future. I was so happy with my idea, that I wrote a lot about it in my diary. Guided by this idea, I studied math and had fitness in body, and as a child I wished to spread the idea to the world. But only two year later, I went through hardness which is beyond my endurance, my freedom was completely deprived and I was forced to participate foolish rat race for years, which continued to make me doubt my old idea. Now I figured that the ability to "find and create true happiness" is difficult to achieved in certain environments, which I used to believe can stand any trial.

## [Luzveraz](#) ,

Welcome! And thanks for sharing some of your personal journey to joining the Epicurean Friends community.

Hopefully you can find additional insight into how to apply the Epicurean principles while still actively working, dealing with rat-race struggles. For some of us oldsters (in my 70s), who didn't have this Epicurean pleasure choice-avoidance calculation system when still working, this site provides enough information for in-depth study to catch up. We do have several younger friends here, but their time for participation here is more limited.

You will find a great wealth of Epicurean resources here to explore when you can, but don't hesitate to ask questions.