

Welcome EdGenX

Post by "Cassius" of December 6, 2025 at 8:22 PM

Welcome [EdGenX](#) !

There is one last step to complete your registration:

All new registrants must post a response to this message here in this welcome thread (we do this in order to minimize spam registrations).

You must post your response within 24 hours, or your account will be subject to deletion.

Please say "Hello" by introducing yourself, tell us what prompted your interest in Epicureanism and which particular aspects of Epicureanism most interest you, and/or post a question.

This forum is the place for students of Epicurus to coordinate their studies and work together to promote the philosophy of Epicurus. Please remember that all posting here is subject to our [Community Standards and associated Terms of Use](#). Please be sure to read that document to understand our ground rules.

Please understand that the leaders of this forum are well aware that many fans of Epicurus may have sincerely-held views of what Epicurus taught that are incompatible with the purposes and standards of this forum. This forum is dedicated exclusively to the study and support of people who are committed to classical Epicurean views. As a result, this forum is not for people who seek to mix and match Epicurean views with positions that are inherently inconsistent with the core teachings of Epicurus.

All of us who are here have arrived at our respect for Epicurus after long journeys through other philosophies, and we do not demand of others what we were not able to do ourselves. Epicurean philosophy is very different from most other philosophies, and it takes time to understand how deep those differences really are. That's why we have membership levels here at the forum which allow for new participants to discuss and develop their own learning, but it's also why we have standards that will lead in some cases to arguments being limited, and even participants being removed, when the purposes of the community require it. Epicurean philosophy is not inherently democratic, or committed to unlimited free speech, or devoted to any other form of organization other than the pursuit of truth and happy living through pleasure as explained in the principles of Epicurean philosophy.

One way you can be assured of your time here will be productive is to tell us a little about yourself and your background in reading Epicurean texts. It would also be helpful if you could

tell us how you found this forum, and any particular areas of interest that you already have.

You can also check out our [Getting Started](#) page for ideas on how to use this website.

We have found over the years that there are a number of key texts and references which most all serious students of Epicurus will want to read and evaluate for themselves. Those include the following.

["Epicurus and His Philosophy"](#) by Norman DeWitt

[The Biography of Epicurus by Diogenes Laertius](#). This includes the surviving letters of Epicurus, including those to [Herodotus](#), [Pythocles](#), and [Menoceus](#).

["On The Nature of Things"](#) - by Lucretius (a poetic abridgement of Epicurus' "On Nature"

["Epicurus on Pleasure"](#) - By Boris [Nikolsky](#)

The chapters on Epicurus in [Gosling and Taylor's "The Greeks On Pleasure."](#)

[Cicero's "On Ends" - Torquatus Section](#)

[Cicero's "On The Nature of the Gods" - Velleius Section](#)

The Inscription of Diogenes of Oinoanda - [Martin Ferguson Smith translation](#)

[A Few Days In Athens" - Frances Wright](#)

Lucian Core Texts on Epicurus: (1) [Alexander the Oracle-Monger](#), (2) [Hermotimus](#)

[Philodemus "On Methods of Inference"](#) (De Lacy version, including his appendix on relationship of Epicurean canon to Aristotle and other Greeks)

"The Greeks on Pleasure" -Gosling & Taylor Sections on Epicurus, especially the [section on katastematic and kinetic pleasure](#) which explains why ultimately this distinction was not of great significance to Epicurus.

It is by no means essential or required that you have read these texts before participating in the forum, but your understanding of Epicurus will be much enhanced the more of these you have read. Feel free to join in on one or more of our conversation threads under various topics found throughout the forum, where you can to ask questions or to add in any of your insights as you study the Epicurean philosophy.

And time has also indicated to us that if you can find the time to read one book which will best explain [classical Epicurean philosophy](#), as opposed to most modern "eclectic" interpretations of Epicurus, that book is Norman DeWitt's Epicurus And His Philosophy.

(If you have any questions regarding the usage of the forum or finding info, please post any questions in this thread).

Welcome to the forum!

Not Neo-Epicurean, But Epicurean

1. Not "flourishing," "human potential," "self-actualization," or "meaningfulness," but happiness grounded in the feeling of pleasure.
2. Not "absence of pain" as a full statement of the goal of life, but "the Feelings are two, pleasure and pain" and "Pleasure is the beginning and the end of a happy life."
3. Not virtue for the sake of virtue, but virtue as instrumental for the attainment of pleasure.
4. Not "the greatest good for the greatest number," but "Every desire must be confronted with this question: What will happen to me if the object of my desire is accomplished and what if it is not?"
5. Not "humanism," "transhumanism," "individualism," "collectivism," "egoism," "altruism," "social progress," "Marxism," "democracy," "tyranny," or any "one size fits all" political ideal of any kind, but social structure based on friendship which "is formed and maintained by means of a community of life among those who have reached the fullness of pleasure."
6. Not "hard determinism," but "some things happen from necessity, some from chance, and others through our own choice."
7. Not "supernaturalism," but "materialism."
8. Not "supernatural gods," or "life after death," but confidence in a fully material universe and "for those men for whom wisdom is possible, and who do seek it, such men may truly live as gods."
9. Not only "short term hedonism," but "it is to continuous pleasures that I invite you."
10. Not "rationalism," but "all reason is dependent upon sensations."
11. Not fearful of death nor careless of losing life, but valuing life for the opportunity of pleasure it brings.

Our Posting Policy At EpicureanFriends.com:

"No Partisan Politics," "No Supernatural Religion," and "No Absolute Virtue"

This forum is dedicated to promoting the philosophy of Epicurus, and not to any partisan political positions whether "left," "right," or "center." The task of rediscovering Epicurean philosophy requires that such discussions be held elsewhere. Posts violating this rule are subject to removal.



Epicurean philosophy firmly rejects the viewpoint that there are any supernatural forces or absolute virtues or Platonic ideals of any kind. Argument which is based on supernatural claims, or "absolute" virtues or ideals of any kind, are in violation of this rule and subject to removal.

**Nothing can be created
from nothing.**

**Nature has no gods over
her.**

**Do not assign to the
gods anything that is
inconsistent with
incorruption and
blessedness.**

Death is nothing to us.

**There is no necessity to
live under the control of
necessity.**



**He who says “Nothing
can be known” knows
nothing.**

All sensations are “true.”

**Virtue is not absolute or
an end in itself - all good
and evil consists in
sensation.**

**Pleasure is the guide of
life.**

**By “Pleasure” we mean
all experience that is not
painful.**

**Life is desirable, but unlimited time contains no greater
pleasure than limited time.**

Post by “Cassius” of December 6, 2025 at 8:22 PM

Welcome Ed!

Ed tells me:

I actually came across Epicurus philosophy about 2 weeks ago. I was online, I think TikTok or YouTube and came across several AI generated philosophy debates. I was inclined to Epicurus point of views on life. I did some more googling and found his friends! I consider myself a life learner and look forward to learning more about Epicurus philosophy

Post by “EdGenX” of December 7, 2025 at 7:39 PM

Good evening Everyone! I'm excited about learning Epicurean philosophy and I just order (expedited)my copy of "Epicurus and His Philosophy"!

Post by “Cassius” of December 7, 2025 at 8:03 PM

Glad to have you! Tell us more about your areas of interest and I am sure we'll have more suggestions.

Post by “Eikadistes” of December 7, 2025 at 8:55 PM

Welcome!

Post by “Martin” of December 8, 2025 at 5:02 AM

Welcome EdGenX!

Post by “Cassius” of December 8, 2025 at 7:44 AM

EdGenX if you can recall a link for the video that you remember watching, it would be interesting for us to see it so please post if you can. Many of the popular presentations of Epicurus will have points in them with which not all of us here will agree, so that video could itself spur an interesting conversation.

Post by “EdGenX” of December 8, 2025 at 9:45 AM

Good morning!! I'm very interested in the science of the Epicurean philosophy and would love to learn a little Latin as well. I live in the Bible belt of America, North Carolina so superstition is strong down here.

Post by “EdGenX” of December 8, 2025 at 12:15 PM

Ok I found link understoic debates <https://www.tiktok.com/@stoicdebates? r=1& t=ZT-923WI8TeZIF>

Post by “Kalosyni” of December 8, 2025 at 12:44 PM

Welcome to the EpicureanFriends forum! [EdGenX](#)

Post by “Eikadistes” of December 8, 2025 at 1:49 PM

[Quote from EdGenX](#)

Good morning!! I'm very interested in the science of the Epicurean philosophy and would love to learn a little Latin as well. I live in the Bible belt of America, North Carolina so superstition is strong down here.

Florida, here. I feel you. 😬

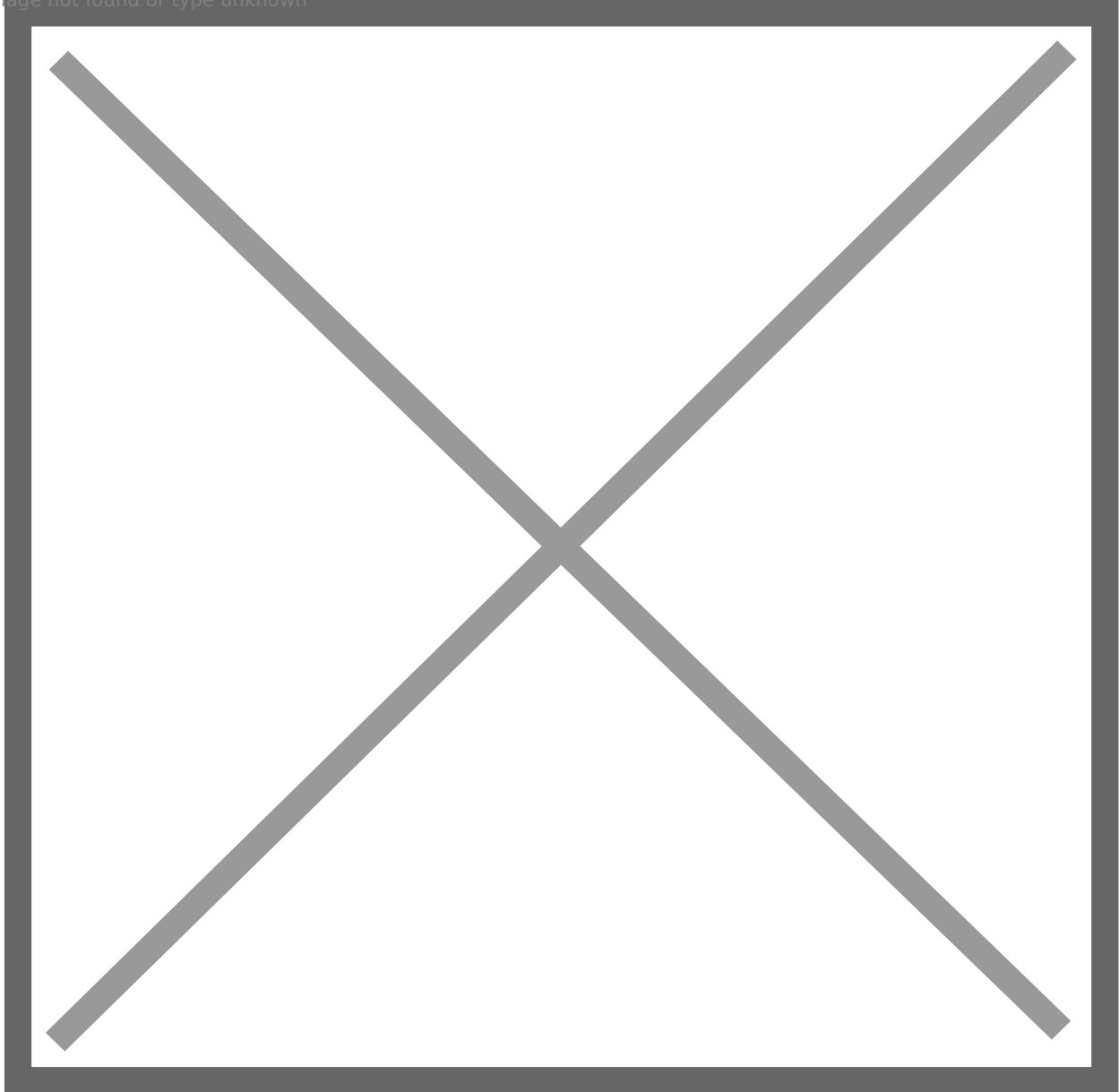
Also, prepare to learn some ancient Greek because we'll bombard you with it. 😄

Post by “Cassius” of December 8, 2025 at 3:15 PM

Thanks for the link! I had not seen those before.

I found this one on Epicurus vs Pascal - not sure if there are more. I like how it focuses on the existence of the supernatural is key to the difference.

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[TikTok · Stoic Debates](#)

190 likes, 6 comments. "Epicurus vs Blaise Pascal - "Pleasure or Faith: What Leads to Peace?""
www.tiktok.com

Edit - Just watched the full video. It is definitely focused on the god/life after death / meaning of life issue so I definitely like it! If that's the one you saw it's a good "omen" that you will enjoy your time with us EdGenX!

Post by “Cassius” of December 8, 2025 at 3:33 PM

Epicurus vs Pythagoras - Again, I think this one's good, as it focuses on the deepest issue of whether there is a supernatural structure to life. As in the first video I personally don't approve of saying that Epicurus promotes "simple pleasures." He's very clear that what he promotes is pleasure, and the issue is not whether the pleasure is simple but whether the activity produces more pleasure than pain. You'll find that's an important issue to study, EdGenX, but any differences of opinion on that fade in comparison to the areas where most of us fully agree and what Epicurus taught was absolutely clear: (1) There are no supernatural gods, and (2) We do not have immortal souls which survive death.

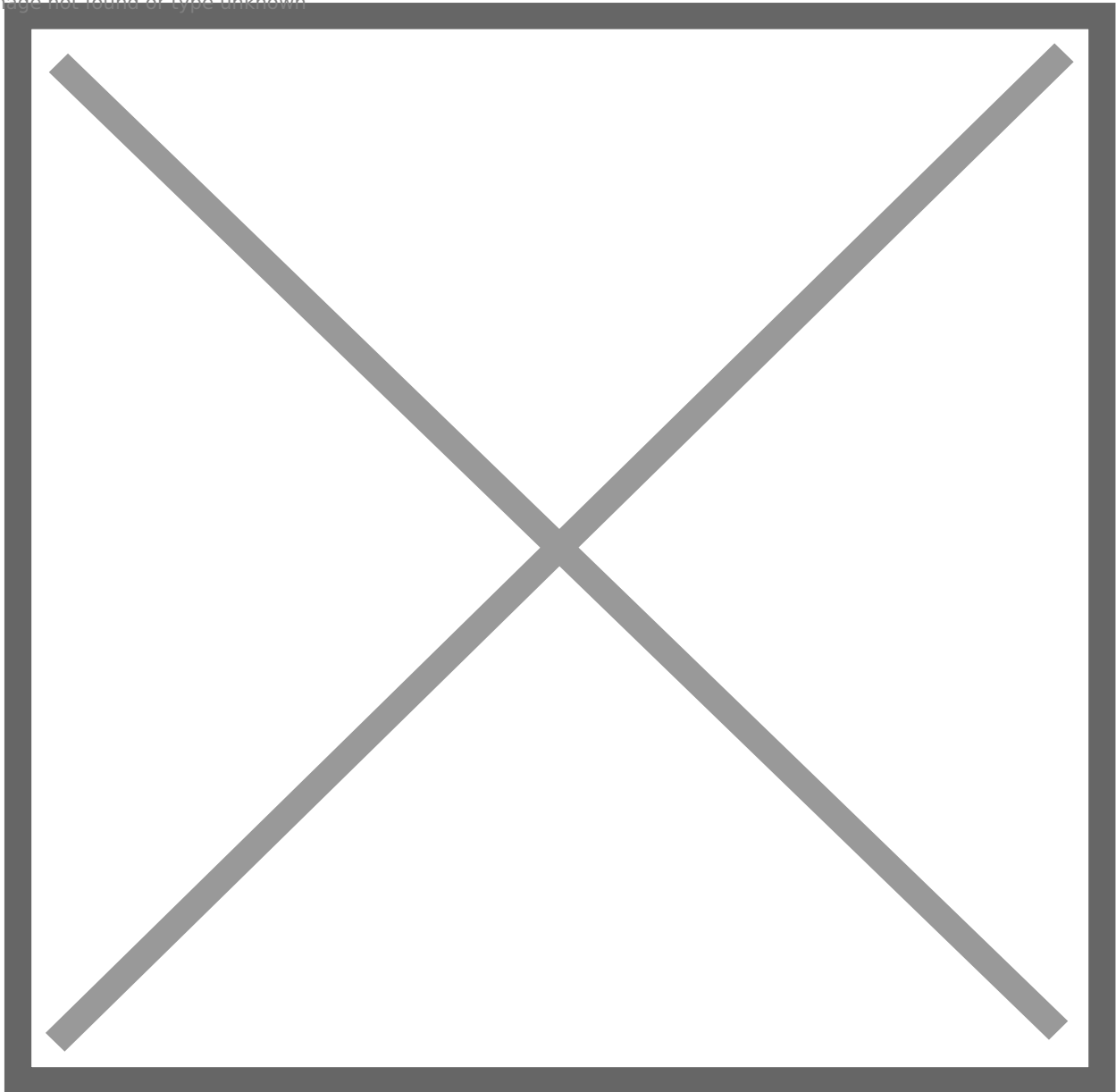
After we're clear on those two points it's up to each individual to choose what pleasures they want to pursue and how much pain they are willing to obtain those pleasures. Some people may indeed want to go exclusively for pleasures that they deem to be simple, but that's not the way Epicurus expresses it. Yes there are lots of reasons to think that pursuing pleasures well within your means is often the best way to obtain more pleasure than pain, but that's not an absolute and ironclad rule, and to think that it is an absolute and ironclad rule betrays a major misunderstanding of Epicurus. There are no absolute ironclad rules and nature has given us only pleasure and pain as guidance on what to choose and what to avoid.

Letter to Menoecus:

[126] But the many at one moment shun death as the greatest of evils, at another (yearn for it) as a respite from the (evils) in life. (But the wise man neither seeks to escape life) nor fears the cessation of life, for neither does life offend him nor does the absence of life seem to be any evil. *And just as with food he does not seek simply the larger share and nothing else, but rather the most pleasant, so he seeks to enjoy not the longest period of time, but the most pleasant.*

In this context it's essential also to understand that Epicurus did not limit the meaning of "pleasure" to those of the body. Pleasures of the mind - all the emotional attachments we find valuable in life, are just as important or more so. There are even times when we will give up life itself for a friend if that seems to be the better course. The issue of the meaning of "pleasure" is huge but that's something that isn't mentioned in the videos so best for another post later.

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[TikTok · Stoic Debates](#)

Check out Stoic Debates's video.

www.tiktok.com

Post by "Patrikios" of December 8, 2025 at 3:42 PM

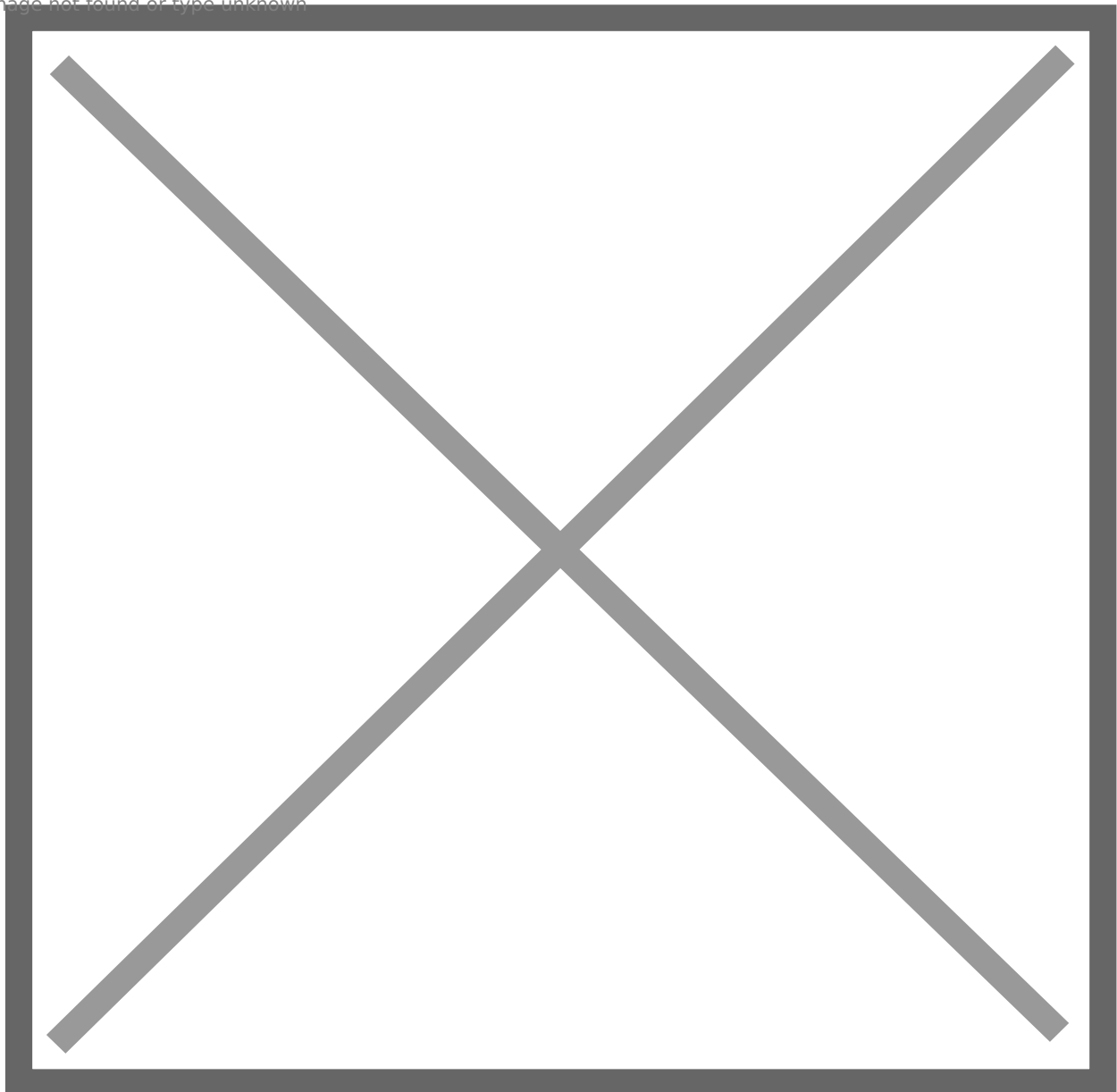
[Quote from Cassius](#)

I found this one on Epicurus vs Pascal - not sure if there are more. I like how it focuses on the existence of the supernatural is key to the difference.

Thanks, [Cassius](#)

Here's another: Rumi v. Epicurus

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[TikTok · Stoic Debates](#)

490 likes, 38 comments. "Rumi vs Epicurus - Divine Love or Earthly Pleasure?"

I think the Epicurus v. Pascal had better Epicureans responses, than the Epicurus v. Rumi video.

Post by “Cassius” of December 8, 2025 at 3:51 PM

Thanks Patrikios!

My first reaction to that one is that it is pretty much in line with the others, but maybe not the best of the three. Once again on this one I would give the author credit for focusing first on the issues of the absence of supernatural and life after death.

Post by “Patrikios” of December 8, 2025 at 4:15 PM

[Quote from EdGenX](#)

Good morning!! I'm very interested in the science of the Epicurean philosophy and would love to learn a little Latin as well. I live in the Bible belt of America, North Carolina so superstition is strong down here.

Welcome [EdGenX](#)

I too like to study science and find the Epicurean focus on **Nature** and **physics** quite interesting. A fundamental text on science is Epicurus's own **Letter to Herodotus**, which he explicitly designed as a summary of his physics—the study of nature. In it, he states clearly:

Quote

"Wherefore since the method I have described is valuable to all those who are accustomed to the investigation of nature, I who urge upon others the constant occupation in the investigation of nature, and find my own peace chiefly in a life so occupied, have composed for you another epitome on these lines, summing up the first principles of the whole doctrine.."

[Epicurus' Letter to Herodotus](#)

Post by “EdGenX” of December 12, 2025 at 2:25 PM

Good Afternoon, I finally got my copy Epicurus and His Philosophy !!

Post by “Cassius” of December 12, 2025 at 3:54 PM

Glad to hear it! And we look forward to your posting with any comments or questions you have as you read it or read other threads on the forum. It's a big part of the enjoyment we get from the forum to hear what others are thinking and respond to comments and questions. And if you have any difficulties or questions in using the forum please let us know.