

# Titus would like to introduce himself

**Post by “Titus” of February 21, 2021 at 5:24 PM**

Hello to everybody,

I am Titus, 33 years old and I have been still in contact with Epicurean philosophy since summer 2011 I think so. Probably I had come in contact through the wikipedia article, then I decided to buy a book with phrases and sayings by Epicurus and I got wondered because everything written there sounded very well and constructively. I think I discovered Cassius' blog one year later and I am proud to say that I own the two writings on Catius' Cat as a printed version 😊

There was a time I spent more than one hour a day with thinking about Epicurean philosophy and there is still no day I don't remind about the blessings of philosophy.

First, I focused on ethics. I am still impressed by Epicurus' teachings on desires and needs, especially because they turn Maslow's pyramid around. I am not a friend of asceticism, but I am of the understanding that a body and mind freed from pain and desires build the proper basis for a happy life full of pleasure. In my opinion, living on this fundament enables one to be open for the essential sensations, feelings and anticipations.

Later on, I discovered the great Lucretius and the even greater hymns adoring Epicurus and his philosophy. Lucretius shows the universe as an ever changing one, disillusioning any idea of stable ideas distant from the essentials of life. His explanations, e.g. on aging are amazing. There are passages with such a deep understanding of the world and its processes, far beyond currently teachings. For sure, some of his explanations do not fit as we know today, but his methods are still remindable.

There is so much more to say. Sometimes I struggle with the English language and this may be the cause why I participate just little in the forums. Additionally, I do not read as much about Epicurean philosophy today as I did before. It's already a part of my life. Sometimes I come to recognize that a person emphasizes on this or that and I wonder why. I do not search for richness or trophies. I am focused on happiness, resilience through right understanding and a network of friends. This is, what a good life is made upon!