

# Autarkia And Epicurean Living In The Modern World

Post by “Don” of September 9, 2021 at 10:43 AM

## [Quote from Philia](#)

In Epicurus' teachings I remember reading something about self-sufficiency

I would be careful about ascribing the meaning of "economic" self-sufficiency to that word. From what I can find, autarkeia (the word in ancient Greek) had a self-sufficiency connotation of satisfied with yourself, content with yourself, etc. I see this as similar to the ideas of the [Epicurean gods](#) who are not affected by anger or gratitude, they are sufficient unto themselves.

I'd also bring up that the Garden wasn't a commune. Epicurus specifically did not want the members of the Garden's assets to be held in common. People could come and go. I've often imagined the Garden as a retreat in the city of Athens or other cities that had Epicurean communities, not separate from the city but a place to rest, relax, and then re-engage.