

Why Tranquility Should Not Be the Main Goal for an Epicurean

Post by “Godfrey” of December 4, 2021 at 3:02 PM

Quote from Kalosyni

I need to study the basics more and take better notes, and learn how to present my ideas in a cleaner, clearer fashion.

If it's of any help, over the time that I've been posting here I've found a similar need to be more precise in my wording. But I've also found that that is part of the process of learning and communicating philosophy and has been very beneficial for me.

[Quote from Kalosyni](#)

...at what point does an Epicurean say: "I've studied the teachings and I've learned the teachings, now I will simply just live the teachings." Yet, one would not feel fully contented until one as established the fundamental material attributes underlying the Epicurean lifestyle.

One of the best ways that I find to understand the teachings is to try to live them and then evaluate the effects in terms of enjoying my life. Participating here is part of that process: instead of a physical Garden, we have this community where we can share ideas, get feedback and continue to study. So, to me, you begin living the teachings early on and continue to do so. And you continue to study indefinitely: there's always some new nuance to appreciate and incorporate into understanding and living. Understanding is continuously growing, branching out into new areas and providing additional pleasures!