

# Welcome SmoothieKiwi!

**Post by “Godfrey” of January 6, 2022 at 10:15 PM**

Welcome smoothiekiwi!

I too became aware of Epicurus, and convinced of his importance, through reading Cicero. And Tending the Epicurean Garden was one of the first books I read after that. I, too, felt like I wasn't really getting the philosophy at that point so I'd like to share a couple of thoughts from my journey.

Hiram as I recall was trying to find commonalities between Epicurus and other traditions, and was trying to lay out ideas for a hedonic regimen. As I've studied further I've largely rejected both projects.

I've rejected the commonalities project because, for me, it added a layer of confusion to understanding Epicurus: he needs to be understood on his own terms and in his own context. As I've studied a lot more and become more comfortable in understanding the philosophy I've become peripherally interested in his predecessors and how Epicurus was influenced by and responding to their ideas. That, however, is about following development of thought where I think Hiram was trying to incorporate practices from other traditions. Giving up on the latter allowed me to focus on Epicurus, and that's when Epicurus started to make sense!

As to the hedonic regimen, I interpret that as too structured for leading a pleasurable life due to my feeling that I need variety to prevent pleasures from becoming stale. Maybe a hedonic menu is more appropriate. But more important, I think, is understanding the Canon and the original context if you're trying to get a grasp of the philosophy. To me, that's the focus: my understanding, accepting and practicing the philosophy has grown from there.