

# From The "Golden Mean" to the "Summum Bonum" - Useful or Deceptive Frames of Reference?

Post by "smoothiekiwi" of February 13, 2022 at 6:30 AM

## [Quote from Cassius](#)

Well I am not sure we need to pursue it, but what I was trying to focus in on is why what you stated led you to doubt Epicureanism....

Sorry, I've read over it 😊

To be honest, I think that my biggest problem is to accept that there isn't any sort of abstract ideas flying around- universal norms and ideas. Platonism is so deeply anchored in our society that it's incredibly difficult to let it go. That's what I've discovered from Skepticism: I'm full of dogmas, absolute "right and wrong"-s etc. Just today, I had a discussion with my brother, who postulated that it's in the nature of each and every person to become better. And I've noticed that subconsciously, this idea is still in me. To let it go is an incredible amount of work.

And at no moment did I think that the logic behind Epicureanism was bad or faulty- but the inner resistance against "letting it go" was (and is) incredibly strong. Probably that's the reason why so many people still are Christians, although we can now scientifically prove that the Bible is in many parts wrong: it's so, so difficult to let your concepts go with which you've grown up. I'm still very young and had only a few such dogmas; I don't want to imagine how a person 40, 50, 60 years of age must feel when he/she realizes that their life was built on a lie. Its better to still "sit in the cave", to speak of Plato's allegory, than to come out and realize the lie. It's really, really scary.

## [Quote from Cassius](#)

So we need to ask ourselves if we have really soberly reasoned through the details and searched out the motives and ways that we find pleasure and avoid pain in our own personal circumstances. If we have adopted faulty opinions from others, or from teachers, or culture, or religion, or whatever, have we banished those from our thoughts and clearly identified what is going to bring to us OUR greatest pleasure and OUR relief from pain?

I gather that this is probably related to what Smoothiekiwi was talking about earlier. It is totally non-Epicurean to simply and blindly pursue "pleasure" without regard to what the action we engage in ultimately brings to us, and without banishing into the pit the

false opinions about the nature of the universe that lead us in the wrong direction.

I completely agree, it's a good point. But that also means that one stands against much of the society- and for that, it's beneficial to have friends... and I remember that there was a post two days ago about how to make Epicurean friends 😊

I think that such a forum is amazing- I'm very sure that I would run with misconceptions about Epicureanism without this place-, but it still cannot replace real life friends.