

# Kalosyni's Personal Epicurean Outline

**Post by “Kalosyni” of April 27, 2022 at 6:08 AM**

This will be a work in progress, so this is just a rough draft.

My Personal Epicurean Life Philosophy -- April 27, 2022

I understand the existence of everything best as a materialist universe. The notion of God (and all gods) is to be understood only as the idea of a being (or beings) which is (are) blessed and immortal, and they are not involved, able to assist, or influence human beings. God (and all gods) are not supernatural. (This paragraph edit: 01/03/25).

I reflect on this materialist universe through the modern scientific understanding of the nature of the cosmos.

Whatever appears or feels like a spirit or soul within me will cease to exist when I die. The sense of self and consciousness depends on a physical body in order to be experienced. Also, there is no heaven or hell after death, but only the dissolution of consciousness as the bodily processes cease to function.

My personal goal in life is finding enjoyment in the sweetest kind of life. This for me means finding and maintaining friendships with like-minded people who also seek to enjoy the sweetest kind of life. I also strive to improve my ability to be a good friend to others, for the sake of mutual enjoyment.

The sweetest kind of life comes about with both action and non-action -- diligently striving at times toward goals, but at other times surrendering or finding solace in stillness and quietude. I am able to find a sense of engagement, flow, and ease through various personal creative projects.

The sweetest kind of life must be nurtured into being -- this takes effort, but the effort will be felt within myself as well as shared with others. I believe it is very important to cultivate an attitude of optimism, gratitude, joy, and smiles and hugs.

The sweetest kind of life also includes contemplation -- for me this is a combination of study of wisdom, and then pondering how to impliment wisdom. In the past I have studied various wisdom teachings, and now I continue to do so through a primary focus on the study of Epicurean Philosophy, to learn and understand, and also to be able to teach it to others. Out of contemplation comes philosophy for the sake of living the sweetest life.