

# "Medicine" of Epicurus: Removing Fear and Finding Freedom

Post by "Kalosyni" of June 5, 2022 at 5:34 PM

Continuing on with more on the "Medicine of Epicurus":

Vatican Saying 81 (from Monadnock)

**"One will not banish emotional disturbance or arrive at significant joy through great wealth, fame, celebrity, or anything else which is a result of vague and indefinite causes".**

From a practical standpoint, I would say that emotional disturbance is anything above and beyond natural reactions and natural emotions. Both positive and negative emotions are part of life. Emotions give us feedback to know what to move toward and what to move away from in a given situation, so all emotions are life serving, even painful ones.

Yet I would say that there are certain feelings that indicate a need for some kind of intervention (help from friends or a therapist). These would be overwhelming feelings (or emotional disturbances) such as hopelessness, long-lasting anger or sadness, chronic lethargy, or long-lasting feelings of anxiety or overwhelm. I can only recommend finding a therapist to help sort through these kinds of chronic emotional disturbances.

This Vatican Saying 81 also points to the idea that there are specific and definite causes of joy in life. What is joy? Is it the same as happiness? When the naturally good things in life come to us, we feel happiness. A good meal (and the right kind of food and the right amount of food) brings pleasure and we can feel happy in that experience. Also, spending time with those we love brings happiness. Doing activities we enjoy brings happiness. Having work that is interesting and not too taxing on the body (and not too mentally stressful).

Some ideas about: **What are some mental conditions which lead to happiness?**

1. You don't compare yourself to others as being less than in some way, but instead you know what your strengths and weaknesses are and you keep those in mind or in perspective as you navigate through life.
2. You don't feel badly about yourself or internally put yourself down -- instead you feel effective, and you feel you have a certain amount of control or choice over your circumstances. (See [PD16](#))
3. You have supportive relationships in your life and people who you enjoy talking to, and you can share smiles and laughter, because you have things which you share together that you

both can smile about. (See VS 52)

4. You have interesting things that you like to do, and have fun and enjoyment engaging in those activities.

5. You don't spend a lot of your time worrying about the future. (See [PD39](#)).

6. Of the people in your surrounding community, you don't think badly of anyone and they don't think badly of you. (See [PD40](#))

Thoughts? Is there anything else that should be on this list?