

# Welcome Beasain!

**Post by “Kalosyni” of June 6, 2022 at 10:17 AM**

Welcome to the forum Beasain!

Thank you for your introduction and for sharing about your reading of Lucretius.

## [Quote from beasain](#)

What are the reasons of hiding Hellenistic philosophy, and especially Epicurism? The Plato mafia of Hegel?

I don't know enough about Hegelian philosophy, but this question is interesting to me. I tend to focus mostly on the ethics of Epicureanism, and I would say that it is a very subtle teaching that not everyone can understand. Not only does it require a certain ability to critically think, but it requires one to think outside the box of Western civilization and the abstractions of thinking which come down from Platonic philosophy, and which have been reinforced and continue to be reinforced by Christianity. I think Epicureanism will remain a philosophy only for the few, as it requires one to move beyond "either-or" thinking and live a visceral and sensorial life within the physical world, while always remembering that this very life is all that we have. So we have this focus on the importance of making it a pleasant and pleasurable life, which goes against the current understanding of pleasure -- pleasure as being an escape from responsibility, or pleasure always leading to excess (and even being synonymous to excess). But we who are Epicureans are wiser than this. First we have to overcome all our previous conditioning with regard to experiencing pleasure. So at the beginning, it may seem that dancing with pleasure is like walking across a sharp edge of a razor blade: one misstep and you fall off. But yet with the practice of paying attention, then it is more like learning to ride a bike, and you see that it is quite natural actually, and it is the best way to live.