

# Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by "Pacatus" of July 20, 2022 at 12:13 PM

[Quote from Don](#)

[Quote from Pacatus](#)

I do not believe I can "hide" in an Epicurean Garden (not that I think that was what Epicurus advocated - even with his recommendation to, insofar as possible, live an obscure life)

We had an interesting, in-depth discussion on "live unknown" a couple years ago:

Post

[What "Live Unknown" means to me \(Lathe Biosas\)](#)

Fragment 551 famously reads λάθε βιώσας and is usually translated as "Live unknown." It could also be translated as "Live hidden," "Live unnoticed," or "Live while escaping notice."

But how do we square this coming from Epicurus who is known two thousand years after he died. Did he live by this maxim? We can't say Epicurus was even unknown during his life. So how are we to understand λάθε βιώσας as it pertains to him and ourselves?

Epicurus encouraged people to shun the world of politics and the...



Don

March 7, 2020 at 11:12 PM

You might need interested in what was said in that thread.

Yes, that thread is helpful. I especially liked this quote by you: "One may say he lived, let's say at most, unobtrusively but was NOT disengaged from society, his friends, and those that sought him out." Also, Cassius' point about Cassius Longinus.