

Welcome Kungi!

Post by “Godfrey” of July 23, 2022 at 3:14 PM

Welcome Kungi!

The most important practical exercise for a person beginning to explore Epicurus is to set aside and follow through with a daily time to study. Epicurean philosophy is much more of a unified worldview than a specific set of practices. Paradoxically, it's a very straightforward philosophy, but, due to the dearth of original texts and the Academic backgrounds of many of the secondary writers, it takes quite a while to understand properly.

I agree with Cassius on the reading he recommends. There's also much here on the forums to review: an overwhelming amount!

Another practical exercise, which is equal in importance with the first that I mentioned, is to post questions and discuss issues of interest to you. Key to the philosophy is friendship and frank speech and this is one manifestation of those ideas.

Speaking only from my personal experience, I advise (with much respect) putting aside Hiram's book for a while. That was one of the first books that I read after discovering Epicurus, and I found that it wasn't a very direct path, for me personally, to understanding the philosophy. It may well be worthwhile for you to return to, but I don't advise it as a starting point.

One final recommendation would be to read Cicero's On the Nature of the Gods. That's what started me on my Epicurean journey: I was attempting to reconcile some of the inconsistencies in Stoicism and realized, perhaps like you, that Epicurus had already done that.