

Presenting the Principal Doctrines in Narrative Form

Post by “Eikadistes” of August 12, 2022 at 9:54 AM

My letter at the beginning of my *Doxai* contains an *attempt* at linking the ideas together fluidly:

Dear Stranger,

Your *Best Life* is an existence of uninterrupted satisfaction. Never let fear disrupt your Best Life. Remember, pleasure peaks when your pain has been relieved. All pain is temporary, and the worst pain is the most brief.

Living a full life requires sense, dignity, and decency. Make choices based on their consequences, not ideology. Know that *fame* is no guarantee of your *Best Life*.

Keep pleasure as your goal, even though pleasurable *things* sometimes cause pain. Things are “good” when they relieve pain and “evil” when they increase pain. Ignorance of “good” and “evil” leads to even more pain; knowing that *pleasure is good* dispels fear.

Defense against others is pointless if you live in fear of the unknown. Real security means *knowledge, discretion, and privacy*, not *wealth and power*. The best things in life are free; luxuries always come with added stress. Minimize the impact of “bad luck” by making wise decisions. Be honest to enjoy your freest life; cheating leads to angst.

Physical pleasure is painlessness; mental pleasure is *fearlessness*. There is no greater joy than pure pleasure. The *Good Life* is available to everyone, no matter how long they live. There is no need to compete for happiness; Nature provides it abundantly.

Reconcile your opinions with evidence. If you doubt your eyes, you'll never be able to see clearly. Listen carefully, but don't believe everything you hear.

Always make decisions with your Best Life in mind. Rest assured, *wants* are easier to forget than *needs*; *needs* are easier to satisfy. Friendship is our greatest source of pleasure, and also , our greatest source of security. Some desires are *needs*, some, *wants* , and some, unhealthy *obsessions*. Commit to healthy priorities to live your Best Life.

Justice is just a *natural peace*. Anything incapable of peace is incapable of justice. Universal laws are not real; only *natural peace* is real. Therefore, violating the law is not evil; what *is* evil is the pain of spending your life looking over your shoulder. Violating the peace of nature, however, is always unjust. Even so, justice is not the same for everyone. Violating the law can be just, when the law, *itself* becomes unjust.

At your best, form genuine friendships and spread cheer. At your worst, avoid making enemies. Cultivate a true circle of loved ones to help you live your *Best Life*.

May you cultivate true happiness,

Nate