

Episode One Hundred Thirty-Seven - The Letter to Menoecus 04 - On Death (Part Two)

Post by “Kalosyni” of August 28, 2022 at 1:05 PM

Further thoughts on the podcast today:

There are several ways to approach this particular passage -- with a clearly rational/philosophical/thinking mind, or with a "feeling" component and therapeutic approach. And now thinking that perhaps *Existential Therapy* could be a way to combine both of these approaches -- the thinking mind and the feeling mind together.

Also, I brought up the importance of friendship for a happy life -- and I feel this is an antidote that should be explored for anyone who feels sad, depressed, or in need of some encouragement toward seeing life as good (so there is no reason to shun life).

Here is a thread I started earlier, on friendship:

Thread

[Cultivation of Friendship within Epicureanism](#)

Principle Doctrine 27:

27. Of all the things that wisdom provides for the complete happiness of one's entire life, by far the greatest is friendship.

Principle Doctrine 27 is very important for a happy life. Modern life is busy with work and family, and yet we all still need friends. So it is very important to take the time and put the effort into making friends and maintaining friendships. Some people might be satisfied with the number and kind of friendships in their lives, but others...



Kalosyni

January 16, 2022 at 8:54 PM