

# Social Media - Facebook

Post by "Cassius" of September 29, 2022 at 10:23 AM

Here's another example (the number is endless) of what happens when one jumps right to the ethics. We could paste this in any of a hundred threads here but I just saw this through Kalosyni and it's on my mind at the moment. If you DON'T get the grounding Don is talking about, this is the kind of mishmash you come up with:

From: <https://www.verywellmind.com/epicurean-phil...ppiness-4177914>

## The Epicurean Lifestyle

To experience tranquility, Epicurus suggested that we could seek knowledge of how the world works and limit our desires.<sup>[1]</sup> For him, the pleasure was to be obtained through things such as:

- Abstaining from bodily desires
- Community
- Friendship
- Knowledge
- Living a virtuous life
- Living a temperate life
- Moderation in all things

This is a totally different picture of pursuing an Epicurean life than I think most of us here hold, or that we think that Epicurus advocated.

But unless you go through the grounding in physics and epistemology, it all sounds plausible and even uncontroversial if you start with high-level abstracts like "Epicurus taught that we should pursue happiness" and "pleasure is the absence of pain."

So the task of setting up the presentation is a huge one.

I don't think we throw up our hands and give up. We can set up generalities that are also pretty clear, and we can educate people as we go along.

But maybe the most important and for some "dispiriting" thing is that we can't expect to convert the world, and we have to realize that huge numbers of people violently disagree with what Epicurus taught about the universe and how to think.

So we have to be very clear-eyed about what is possible and what is not.