

Diving Deep Into The History of The Tetrpharmakon / Tetrpharmakos

Post by “Matt” of February 2, 2019 at 3:02 PM

It's clearly in the vein of Epicureanism. Whether or not Epicurus himself would've liked it or coined it himself.

In my opinion, It's a super simplified breakdown of the very basic tenants that kept (and keep) Epicureanism afloat.

“Don't fear the divine” According to E's own specific theological doctrines, the very ones he promoted. This one makes sense to me as being very Epicurean.

“Don't fear (worry, obsess etc.) death.” This is also E's doctrine and it ties directly into the first premise. There are no gods, no judgement, no afterlife. So when life ends, it's just a cessation of sensation. So don't “fear it” because there is nothing after you stop breathing.

The last two are a bit more vague, but they are certainly a reference to the shortness of mortal life and the battle between pleasure and pain. “What's terrible (painful)” doesn't last forever and “what's good (pleasurable)” is easy to obtain, because if you follow the Epicurean system, you would have the wisdom to know the difference between necessary pleasures and unnecessary ones.