

# Kalosyni's Personal Epicurean Outline

Post by “Cassius” of November 3, 2022 at 4:05 PM

## [Quote from Kalosyni](#)

Now in our present time, is this helpful or needed? Will anyone find this useful? What parts of the philosophy are the most helpful or needed?

I think the model and purpose is that if YOU find it useful that's the main thing that matters. Yes it helps to see what other people are thinking as a way to check our own thoughts but in the end the whole issue is being able to summon up the key points immediately so as to be able to apply them in moment-by-moment thinking.

## [Quote from Letter to Herodotus](#)

[36] Indeed it is necessary to go back on the main principles, and constantly to fix in one's memory enough to give one the most essential comprehension of the truth. And in fact the accurate knowledge of details will be fully discovered, if the general principles in the various departments are thoroughly grasped and borne in mind; for even in the case of one fully initiated the most essential feature in all accurate knowledge is the capacity to make a rapid use of observation and mental apprehension, and this can be done if everything is summed up in elementary principles and formulae. For it is not possible for anyone to abbreviate the complete course through the whole system, if he cannot embrace in his own mind by means of short formulae all that might be set out with accuracy in detail.