

# Friday Night Epicurean Happy Hour Zoom

Post by “Kalosyni” of December 2, 2022 at 7:48 PM

Here is a very rough draft of some ideas about Epicurean Therapeutic Principles (hope these are readable):

## Kalosyni's Guide to Using Epicurean Therapeutic Principles (Draft 12/2/2022)

### I. Cures:

- A. For fear of death -- PD2
- B. For dealing with pain (physical and mental) -- PD4
- C. For handling situations when we can't seem get what we want/need (or we feel afraid we will lose something we love)
  - 1. subtractive method (subtracting desire) -- V555, V533, PD18, PD20, PD26
  - 2. additive method (adding in pleasure) -- V541, V548, V552

\*Know what you need for the health of your body and the happiness of your soul.

\*Know what brings you pleasure

\*Be sure you have several ways to get needs and pleasure met, so that you aren't depending on only one way (this reduces the anxious "clinging" feeling). PD21

\*Remember that less intense pleasures last longer than really intense pleasures, and so you need a mix of both.

- Page 2 -

### II. Prescriptions for developing more happiness (additive practices)

- A. Friendship -- PD27, V552
- B. Study of wisdom -- opening to Letter to Menoeceus
- C. Taking joy in the good things you remember -- (opening to Letter Menoeceus)
- D. Tending to immediate life and finding humor -- V541
- E. Partaking in pleasure, and planning/anticipating pleasurable occurrences and events -- "I know not how to conceive the good, apart from the pleasures of taste, of sex, of sound, and the pleasures of beautiful form." -- Diogenes Laertius, Book X

- Page 3 -

### III. Advice on how to make good choices and avoidances -- V59, V14, V521, V559, V570, V571, V573, V577, PD16, PD25

\*Also the importance of putting effort into what you need to do to maintain the continuance of basic necessities, as this is the basis on which to build a pleasurable life.

### IV. How to apply the cures and further advice

- A. Remember these are not rules but tools -- they do not represent reality but are ways of applying wisdom depending on a given situation
- B. Try it out to see how it feels -- PD23
- C. Get the help of good friends -- last section of Letter to Menoeceus
- D. If a cure doesn't seem to work, then pause and add more "honey" and then continue again with applying the cure/tool.