

# New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Cassius" of January 7, 2023 at 6:38 PM

## [Quote from Little Rocker](#)

I guess I'm just saying that I'm willing to consider going a lot further into traditional hedonism than a lot of people might find comfortable.

I agree with Don's comments agreeing with your direction here, and I think your direction is compelled by the philosophy even though it is the place a lot of division occurs and a lot of people eventually drop away. In fact I would say that people who never reach this point of understanding about Epicurus have never really understood the atomist [foundations of Epicurean philosophy](#). They are still stuck in some variation of idealism of which they can't let go.

It's tricky to describe and yet not sound like a "monster," but it seems to me that Epicurus was saying that the universe simply doesn't care about our moralities. We're given pleasure and pain to do with what we will, and while most people are constituted similarly and do generally tend toward the same conclusions about how best to implement those choices, no matter how strongly we feel that "our way" is the best, the moral evaluation can never be more than "our perspective." That's not to say that we shouldn't consider our perspective critically important. I think Epicurus was allowing that we should engage with the world even in politics to the extent it is necessary and leads to a more pleasant life under our own circumstances. I too think that each of us should work as hard as we can to bring the kind of world we would like to live in to reality, at least in our own personal context. But given the atomist nature of the universe, we always have to remember that our perspective remains our own, and no matter how much emotional investment we place in it, that emotional investment never transmutes into the blessing of supernatural gods, ideal forms, or any other kind of unchanging absolute standard of morality.

That chills some people and drives them away, but "it is what it is" if you follow Epicurean philosophy to its logical conclusions. Fudging on this point is what I think leads to disillusionment and disappointment, and I think we are better off biting the bullet and following the philosophy to its logical end point.