

Epicurean Verse For When You're Feeling...

Post by “Kalosyni” of March 6, 2023 at 10:40 AM

Wow! @Nate, That is a big collection of "Epicurean verses" and I can imagine that this took a lot of work to compile.

I had some feelings/reactions come up as I did a quick skim of it. And my feelings probably are due to the time that I spent studying "Compassionate Communication" also called Nonviolent Communication -- NVC, by Marshall Rosenberg. Within NVC, it deals directly with why feelings arise in the first place, and then when we clearly understand a given situation we can more effectively make choices and take action. The actions we take are not to just get rid of a feeling (such as just to remove the symptom) but to address the root cause of a feeling -- and to make changes which lead to more pleasure and happiness in life.

It is very interesting to see the verses, and how they might tie in together with emotions and feelings. But I do wonder if this is really effective for helping people? How many of these verses actually help with the root causes of feelings and emotions? How many of these verses help with making the best "choices and avoidances" without "guilting" someone, but instead inviting someone to see the truth on their own terms? I would really need to read through much more closely to evaluate each one.

Perhaps a slightly different formatting could make it work for some of the material which helps deal with root causes.

To illustrate further, I would only trust something which has a feeling of compassion toward feelings and emotions, and not an authoritarian tone of "right/wrong" -- if there is even the slightest sense of something suggesting: "Shut up and stop crying" then I would not use it even if purported to be said by Epicurus.