

# Starting a closed in-person/zoom/social media mixed Epicurean Study Group; Utilizing this Website and Where to Start

Post by "Kalosyni" of March 12, 2023 at 8:36 AM

## [Quote from Kalosyni](#)

I would recommend studying and discussing the Letter to Menoceus, the [Principal Doctrines](#), The Vatican Sayings, and the Torquatus section of Cicero's On Ends.

And also be sure to interpret everything in accord with the following aphorisms (and these will help you avoid the danger of over-emphasis on "minimalism"/"tranquility")

[PD05](#)

[PD08](#)

[PD27](#)

VS14

[VS71](#)

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I just realized that VS21 is another very important guide for interpretation of the Epicurean philosophy, and to point out that it is more than just necessary desires that we seek to fulfill -- and therefore a "simple life" of "minimalism" and "tranquility" is not the Epicurean goal. (And btw what I mean by "tranquility" is a life of dawdling or being like a stick in the mud, and so probably another word other than tranquility is needed.) And the true goal could also be better understood by the word "engaged" -- actively engaged with pursuing pleasure.

Vatican Saying 21: "Nature must be persuaded, not forced. And we will persuade nature by fulfilling the necessary desires, and the natural desires too if they cause no harm, but sharply rejecting the harmful desires."