

Welcome Remikit!

Post by “Kalosyni” of March 27, 2023 at 9:32 AM

[remikit](#) Welcome to the forum! 😊

[Quote from remikit](#)

I was intrigued by the article and it reminded me of a long ago college read for a Victorian Lit class - *Marius the Epicurean*, written by Walter Pater

Thanks, I wasn't familiar with that, and I found *Marius the Epicurean* [on Wikipedia](#), and after skimming through it I can see that it is very different than how we here on the forum understand Epicureanism. *Marius the Epicurean* has too much emphasis on asceticism (and looks to be heavily influenced by Platonism and Stoicism also). I would advise that you set any past recollection aside and start afresh.

Our take on pleasure as the goal is open to everything so long as it doesn't cause harm or harm others. So while asceticism could be pleasurable for some people, it is not in the least bit the goal or the path for every Epicurean.

My own understanding of Epicureanism: remember to seize the day, not recklessly but always in a manner which results in the best outcome. I base my choices or avoidances on what will bring an outcome of pleasure for a "sweet life". Cultivate friendships -- the importance of having supportive friends who also have this same way of navigating the world.

Here is a presentation by [Cassius](#), giving an overview you might find helpful:

<https://m.youtube.com/watch?v=fobzlg-x6s0>

And you may enjoy [A Few Days in Athens](#), a fictionalized account of a young philosophy student in the time of Epicurus.

And feel free to ask questions 😊