

# **Episode 176 - "Epicurus And His Philosophy" Part 28**

## **- Chapter 12 - The New Hedonism 05**

**Post by "Godfrey" of June 2, 2023 at 1:21 AM**

This is true, but I don't think that Epicurus' ideas became as widespread as they were in antiquity by way of logical arguments. Obviously there were logical arguments going on, but my speculation is that the commoner Epicureans that Cicero griped about would have understood the philosophy through direct experience. The practice of frank speech would have been one method to help to analyze direct experience. Logical arguments lose their persuasiveness once one has a visceral understanding of a philosophy.

The nurturing of nuanced observation of pleasures, pains and desires may once have been a group activity in the Garden, but now we're left to figure it out on our own. Perhaps there's a way to reintroduce a semi-structured version of this type of observation for our current situation. It might begin with a tightly focused exercise and advance from there. And such an exercise, or series of exercises, could be of interest to people who are looking for alternatives to the popular Stoic exercises.