

How Does An Epicurean Feeling Overwhelmed Or Depressed Overcome That Feeling?

Post by "Cassius" of June 14, 2023 at 6:19 AM

Seems appropriate on the topic that it's a constant struggle -

Lucretius 6 / 43 (Munro)

[I have willed at the same time] to explain all the other things which mortals observe to go on upon earth and in heaven, when often they are in anxious suspense of mind, and which abase their souls with fear of the gods and weigh and press them down to earth, because ignorance of the causes constrains them to submit things to the empire of the gods and to make over to them the kingdom. For they who have been rightly taught that the gods lead a life without care, if nevertheless they wonder on what plan all things can be carried on, above all in regard to those things which are seen overhead in the ethereal borders, are borne back again into their old religious scruples and take unto themselves hard taskmasters, whom they poor wretches believe to be almighty, not knowing what can, what cannot be, in short on what principle each thing has its powers defined, its deep set boundary mark; and therefore they are led all the farther astray by blind reason.

[68] Now unless you drive from your mind with loathing all these things, and banish far from you all belief in things degrading to the gods and inconsistent with their peace, then often will the holy deities of the gods, having their majesty lessened by you, do you hurt; not that the supreme power of the gods can be so outraged that in their wrath they shall resolve to exact sharp vengeance, but because you will fancy to yourself that they, though they enjoy quiet and calm peace, do roll great billows of wrath; nor will you approach the sanctuaries of the gods with a calm breast, nor will you be able with tranquil peace of mind to take in those idols which are carried from their holy body into the minds of men as heralds of their divine form. And what kind of life follows after this, may be conceived.