

# Does the philosophy change you?

Post by “Pacatus” of June 16, 2023 at 12:48 PM

To intrude a couple of mixed metaphors: For me, the Garden (and this place) is not so much like going to or joining a church (or the Stoa, or the like) – as it is like going to the grocery store for a variety of food and drink that are both tasty (pleasurable) and healthful. Or our local co-op with its emphasis on organic, local and natural products. (“No, I don’t think I’ll have an avocado with dinner tonight – maybe tomorrow. But I will take a bottle of this wine.” 🤔 😊 )

Or, what I find in Epicurus is – to quote a phrase from Kalosyni that I’ve never forgotten – “tools, not rules.” Finally letting go of that (ingrained) struggle to find (and clutch hard in a mental fist, so to speak) “the right rules” (rules as commandments -- commanded by whom?) just makes things a bit easier. “Easy does it.” (It does ... . 😎 )

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Note: I am aware that “canon” can be translated as “rule” – but I take it more in the sense of a measuring (or weighing) tool, a set of guiding principles to make life easier and more enjoyable.