

Best Way to Introduce Teachings?

Post by “Godfrey” of March 14, 2019 at 9:54 PM

Wow that's a lot of information on utilitarianism, in a good way. I need to read what you've written more carefully as I'm only vaguely familiar with utilitarianism.

Regarding Epicureanism, I think that the best way to understand the overall ideas is by using the three categories of the Canon, Physics, and Ethics. As I understand it, this is the original framework. Part of outlining is fitting your categories into these categories: nature into Physics for example. To me, it's of primary importance to understand that pleasure is one of the three aspects of the Canon as that explains why it is the greatest good. So you need to understand the Canon to distinguish pleasure from good or hedonism.

Cassius has some excellent one sheet breakdowns on the forum, also his Elemental Epicureanism and Ante Oculis are quite helpful if you focus on the instructional parts before diving into all of the source material. Hiram's book Tending the Epicurean Garden is also helpful, and if you haven't seen it he has a self study course at

<http://societyofepicurus.com/self-guided-study-curriculum/>.

There's also DeWitt, although it's pretty expensive and (at least for me) takes a while to give it a proper reading.

It's a big challenge to zoom in to the core of the philosophy. That's where the Canon/ Physics/ Ethics structure is so valuable and from there you can explain the various ideas much more clearly. Not that I'm an expert by any means, but that's what has allowed me to get a grip on the philosophy. Now when I read new material or re-read material I feel like I understand it more clearly instead of getting overwhelmed.