

# Kalosyni's Personal Epicurean Outline

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Today another outline:

Why Study Epicurean Philosophy?

I. It is a worldview in sync with modern science which is free from supernatural and superstitious beliefs

A. Why this worldview makes sense:

1. In Ancient Greece Epicurus asserted atoms and void as the natural basis of a material world. In our modern times with modern science we have a much more complete understanding of the nature of things.

2. Epicurus presented the epistemological canons of the senses, feelings, and anticipations as the proper way to know things. Now in modern times we have the scientific method, which also relies on observation.

B. Why this worldview is beneficial:

1. Understanding the material nature of things helps reduce fear because we know that things have causes.

a. We no longer have to worry that there are supernatural elements present in the world, or that a cruel God in heaven is the source of everything.

b. We no longer have to fear what happens after we die

2. We can focus on doing what we need to do in this lifetime and in this physical world, since there is only this life.

II. It is a way to decide what to pursue in life based on Nature's goal combined with the use of self-awareness and wisdom in decision making

A. What is nature's goal - we naturally move toward pleasure

B. Why follow nature's goal...because it is in line with our body and our mind

C. Guidelines for what desires to pursue - pursuing things which bring happiness both in the

present and in the future (and also a list of necessities which bring well-being such as food, shelter, safety, belonging, etc.)

D. Self-awareness - the feeling of pleasure and pain and the ability to monitor these in line with a healthy mind in a sound body.

E. Wisdom in decision making - considering both the present and the future, and considering the overall well-being of our lives.

1. Sometimes we endure pain so that a greater pleasure will happen later, but we also choose pleasure now if it doesn't lead to a bad situation later.

2. We don't have worry that we have to prove to anyone that we are a good or worthy person, since life is to be enjoyed surrounded by those we love and those who love us.