

Titus' personal outline

Post by "Titus" of September 21, 2023 at 4:46 AM

(3) The nature of how to live.

This could also be seen as a continuation of the [Epicurean Philosophy Navigation Chart](#) to expand the Ethics. A preliminary list of topics that are important to me:

1. Awareness of becoming and passing away, consciousness of life and death in respect to the nature of the universe, processuality of life
2. Pursuing/Focussing the natural desires which
 - a.) is Nature's yardstick for happiness
 - b.) leads to self-sufficiency and autarky
 - c.) reveals life as an inexhaustible source of happiness
 - d.) sets the focus how to plan/organize our lives according to Nature
3. Promoting friendship/life in living relationships as a means to achieve security
4. The imperishable life of the gods as a role model to achieve with our perishable means
5. Focusing/staying connected with our senses, thus overcoming abstract ideas/desires/fears
6. Concentration on your body/person as a material being. Awareness about natural and necessary desires, therefore focusing health/wellbeing