

# Welcome Rivelle!

**Post by "Elli" of April 1, 2019 at 10:31 AM**

[Rivelle](#) welcome here ! First of all we have to point out that the greek words "ataraxia" and "aponia", as used by Epicurus are for the description of pleasure, when we have to give explanations to those that do not understand what the word PLEASURE means, and as Epicurus says that is our intrinsic good, and our alpha and omega. And second ataraxia and aponia i.e. a life crammed full of pleasures can't be achieved without the right study of Nature and when we use without consistency the Physics the Canon and the Ethics that are one as the whole.

"In very few words, the Epicurean philosophy is coherent. Let's dare, in an inadequate way, to treat it as a coherent system, where, from any point you can go to another. Example: We know how easy it is from the friendship, that lies in the area of ethics, to go to the repulsion, that lies in the area of Physics, and the passage from Canon, that with the relation of causes and potential effects results in some stable strategy behavior, that leads to the common benefit.

Epicurus did not distinguish Canon from Physics (we still remain in the matter of coherence). It is self-evident, because Canon is structured on the atomic theory, that is, on Physics. If you dismiss the atomic theory, Canon is left suspended and collapses. So, by changing Physics, you should also change the methodology of judgment that is the Canon. You change it too. Then, when you want to find the principles of friendship, where will you look for them? Where Plato was looking for.

Epicurean philosophy protects itself with consistency. This is its self-defense. If someone tries to change one piece with another piece from elsewhere, it will end up in nothing. If not something worse than nothing". (An excerpt of a work entitled "Epicurean View" by George Kaplanis founding member of the Garden in Thessaloniki)