

Pros and Cons Of Considering Epicurean Philosophy To Be A "Religion"

Post by "Pacatus" of January 23, 2024 at 2:20 PM

[Quote from Kalosyni](#)

Here are a few benefits of seeing Epicureanism as a philosophy rather than a religion:

1. Your personal understanding comes first rather than having to depend on interpretations outside of yourself - you interpret the extant texts as it pleases you, because you apply them to modern life and your own unique situation.
2. If you are dealing with very troubling issues, you visit a therapist rather than rely upon Epicurean teachings (and rather than relying on religious rituals or potentially relying on "teachers" who are not therapists).
3. You are free to test Epicurean philosophy and reject the parts that do not work for you.
4. You are not expected to do any rituals or attend any meetings, and you will still be respected if you don't participate, and your respect will be based on your understanding rather than adherence to "religious goals" - and there are no religious goals or rituals, rather only personal goals which you freely choose for yourself.
5. It feels safe, free, and open for those who are atheists to participate in studying the philosophy of Epicurus - because there is no group requirement regarding the "gods/god" and this is something to be considered for each person privately.

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I find that I have thumbed-up several posts here that are somewhat in disagreement with one another. 🤔😎 But the above by [Kalosyni](#) (from post b#16) particularly resonates with me. In fact, I have copied it into my own files for reference - as I couldn't state it any better. 👍 (I have been part of religious communities that would largely affirm her points - but my experience is that they are rare indeed.)