

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

Post by "Pacatus" of January 23, 2024 at 3:47 PM

[Kalosyni](#) (from post #16 above, which I already quoted): "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)."

I just wanted to add a few comments to this particular point:

Many therapists (if not most) are also teachers; mine (who also later became a friend) was – even as he disclaimed the usage that Kalosyni seems allude to here: he said, "I am not, and will not be, your 'guru'." There are, of course, many theories and styles of therapy. My guy was pretty eclectic, rather than dogmatic (in the modern, generally pejorative, sense).

Also, from my experience in 12-Step rooms (which I will not detail): a few were quite religious in nature; the one in which I was most comfortable was not. Many of the people were religious (in a "higher power = god" sense) – but a number were not; and there was no pressure at all. Also, the steps were generally seen (in that room) as suggestions, not rules – and a number of "old-timers" freely said that they drew on them to make their own, personal "program," taking what was useful and leaving the rest. I still draw upon a 12-Step daily meditation source that is geared toward agnostics and atheists (but without rejection of the more religious).

Finally, I see Epicurean philosophy as a therapeutic source to draw upon for my own ongoing "recovery" (from whatever – in the 12-Step usage of that term).

With that said, I repeat that I found Kalosyni's points in the above-referenced post to resonate the most to me – in words that I cannot improve upon.