

Kalosyni's Personal Epicurean Outline

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Major areas of "existential" guidance suggested by Epicurean philosophy:

1. Put effort into developing prudence and friendship because these two things greatly contribute to leading a happy life
2. God is not involved with humans, so we must do what we can for ourselves rather than pray to God
3. There are no supernatural forces, but instead everything has natural causes
4. The "soul" dies with the body and there is no afterlife, so we do not need to fear what lies beyond death
5. Make this life the best that it can be by aiming for complete God-like bliss
6. Pleasure and pain has natural limits because it is subject to increase and decrease, but we can learn to extend feelings of pleasure through cultivating a feeling of contentment through the memory of past pleasures, as well as gratitude for healthy functioning and the experience of being without pain.