

# "A Happy Greek" play by Christos Yapijakis (YouTube)

Post by "Kalosyni" of November 22, 2024 at 9:56 AM

What is good about the play and the dialog is that it presents many of the basic ethics of Epicurus, which are taken from the Letter to Menoeceus and the [Principal Doctrines](#).

Yet, there are several ways to "enter" the study of the philosophy, and each way will have differing results:

1) **study the ethics only** - this is a quick way to try to study, and yet it may end up requiring a kind of "faith" (similar to religion) because the underpinnings of the philosophy may not be fully studied and then the reasons for "why" are not fully understood. This may also lead to "short-cut" ideas like "moderation", "minimalism" and "bread-and-water Epicureanism".

2) **study the "way things are" and the ethics at the same time** - Epicurus presented a worldview based on "philosophical materialism" and emphasized the utmost importance of understanding the "seeds" and causes of things. We can see this in Lucretius' *De Rerum Natura*. When we apply the method of studying the causes of things to our everyday lives, then our ethics is more fully informed.

Life does not unfold with a "black/white" or "either/or" set of choices -- we need to test things out, and see what feels good (pleasant/pleasurable) and what feels bad (painful/stressful). From the outside to others it may appear that we practice "moderation", but on the inside we are continually sensitive to what works best based on the unique unfolding of circumstances -- such that what many may think is pleasurable actually is no longer pleasant to us, and we discover that it has no place (and no necessity) for us -- and we aren't giving anything up at all, but instead we are gaining pleasure by abstaining.

Like-wise for pursuing pleasure and "going for it" - we must each evaluate the situation based on our own resources and on our unique physiological needs, again with a kind of "trial-and-error" (and when we are certain that the risks aren't going to bring a terrible outcome).

Implementing the philosophy of Epicurus takes time and effort -- there is a learning curve to making good choices in life and moving toward a pleasant/pleasurable/joyous life.