

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

Post by "Patrikios" of November 23, 2024 at 5:17 PM

[Quote from Kalosyni](#)

when in actuality there is a longer process involved which involves learning how to use prudence as a tool which leads to a pleasant and pleasurable life.

And it is important to take in a big picture view, rather than only quick snippets.

Thanks, [Kalosyni](#) . Here is how I am beginning to see the '**big picture**' of Epicurus' teachings (while I still have more to learn).

I understand that Epicurus taught us how to use a set of tools (e.g. prudent evaluation of desires, awareness of our senses, frank speech among friends) so that we could study **Divine Nature**. Our study enables us to live in balance (*eustatheia*) with Nature, so that we are healthy in body (*aponia*), mind (*ataraxia*) & spirit/soul (*psychê*), and living well to our highest good (*eudaimonia*).

That's the goal as I see it; to adopt a daily practice so we can live a life of **imperturbability** (calm and unruffled self-assurance) like the "Happy Greek". 😊❤️