

Lecture on practical application of Epicureanism

Post by “Pacatus” of November 26, 2024 at 2:42 PM

[Quote from Kalosyni](#)

The antidote to this situation is that folks ought to create an outline of what they believe are the Epicurean tenets, and include the sources in the texts.

For me (just myself) that would be a lot of busy-work that would just distract from my attempts (and sometimes struggle) to apply Epicurean thought – as best as I interpret it at the time – to my daily living. The test of those interpretations (mine) is how they work to enhance my eudaimonia (*hedone*, *aponia*, *ataraxia*) – without regard to whether they are “heterodox” or “orthodox,” or who judges that. That's not to say that such a practice might not be helpful to someone else.

Sometimes I share my interpretation. Sometimes (often) feedback may cause me to reconsider and revise that – but always, for me, it will come back to personal practice and experience: that, for me, is the ultimate canon.

I do not criticize – let alone dismiss! – the scholarly work that goes on here (translation, analysis, interpretation, etc.). It has helped me.

Addendum (sorry): I did do a personal outline when I first came here; I've revisited it a couple times. Maybe will again, if I think it will be helpful on my journey. 😊