

What place does "simple" have in Epicureanism?

Post by "Kalosyni" of January 23, 2025 at 12:02 PM

This morning as I was looking at a much needed cleaning project (needing to straighten up my house), it came to me that perhaps I have too much "stuff".

After listening to the [video presentation](#) by [Don](#) (and recall talked about the "simple" diet of most people living in ancient Greece), I was thinking about the definition of the word "simple", and found [this online dictionary entry](#).

So often self-help websites give out a recommendation to return to a simple lifestyle, as an antedote to the "too much" of modern life (too much noise, too much traffic, too much commotion, too much stuff).

And yet, it seems this is an individual issue, as it is really about what feels right for each person - Epicurean philosophy says to pay attention to what feels pleasant and pleasurable. So some people may not need "simplicity".

What stuck out for me from the dictionary entry of the word "simple"...was the definition: ordinary. (Don may have talked about the word ordinary in his presentation, I'll need to re-watch it).

And I think we can end up cognating words in slightly different ways (as sometimes the word "simple" can be applied to a lack of intelligence, which gives it a negative connotation).

Another meaning is: easy ...(which does echo that what is necessary is easy to get).

I wanted to start this thread to discuss:

What place does "simple" have in Epicureanism?

So feel free to share your thoughts 😊