

# What place does "simple" have in Epicureanism?

Post by "Al-Hakiim von Grof" of January 23, 2025 at 4:57 PM

Having just finished Dewitt's "Epicurus and His Philosophy", the following idea is fresh on my mind:

"Moreover, it was Epicurus who specifically declared that a laborious life was inconsistent with the perfect bliss of the gods..." - dewitt, pg.53

And:

"This notion was so well known as to have been familiar to the dull Horatian commentator Porphyry, who lived early in the third century A.D. Horace had quoted freely from Lucretius: 'I have learned the lesson that the gods live a life free from concern.' 60 The comment runs: 'This derives from the doctrine of the Epicureans, who assert that the gods cannot be immortal unless enjoying leisure and immune from all responsibility.'"

To me, this is the *spirit* of "the simple life"; avoidance of that which one finds excessively laborious. The simple life is one in which prudent planning ensures your needs are met, your health of mind and body is maintained, and pleasures abound, all with only exactly as much effort as is required and no more.

To me, it's the opposite of the "rat race" of modern society. The gluttonous levels of consumerism, the social posturing with large houses, expensive vehicles, and wildly expensive lifestyles that require constant upkeep and 80 hour work weeks.

"Simplicity" is a call to figuring out what truly pleases you, avoiding the all too common "hamster wheel" of life, and realizing that most of the greatest pleasures of being a human on earth don't require much effort to obtain.