

The Purpose Behind Studying Epicurean Philosophy

Post by "Kalosyni" of February 14, 2025 at 8:35 AM

Some personal thoughts regarding the purpose of the study of Epicurean philosophy.

The purpose of studying Epicurean philosophy here on the forum is **intellectual growth and personal development**.

Epicurean intellectual growth is multifaceted:

- development of reading and comprehension skills
- knowledge, memory and synthesis

Epicurean personal development is multifaceted:

- Understanding the nature of anxiety toward death, as well as anxiety toward unknown potential events of the future (war, government instability, pandemics, etc), and working with these anxieties to find clarity and peace. Understanding the nature of the soul and the nature of death - we no longer exist after death.

(*Edit note - development of coping skills: "Epicurean serenity prayer" and memorization of key [Principal Doctrines](#)/Vatican Sayings - added on Feb. 18, 2025)

- Dropping old habits of superstitious thinking (understanding some things by necessity, some by chance, and some by our own control) and when we do not have enough evidence we wait to draw any conclusions.
- Letting go of and recovering from past "religious-abuse" and disturbed religious systems of thought, and fully experiencing Nature and the natural world.
- Remembering that there is only a set amount of time to live, which may end sooner than we think, and therefore ignoring the siren call of over-consumption and all the distractions of the crazy rat race and getting down to the task of fully living with pleasure.
- Understanding personal responsibility and implementing good choices which will lead to the health of the body and happiness of the soul.
- Developing friendship skills and lifelong friendships.
- Helping others with all of these personal development issues through sharing information and discussion

If anyone thinks of anything else to add, please post 😊