

# The Use of Negation in Epicurean Philosophy Concepts

Post by “Kalosyni” of April 22, 2025 at 8:08 AM

I think it is important to see that in studying Epicurean philosophy there are three things going on:

- 1) Knowing what exactly Epicurus said according to the extant texts
- 2) Understanding what he said and either agreeing, or coming up with a personalized understanding (which may end up slightly deviating from what Epicurus said)
- 3) Putting into practice what Epicurus said, or putting into practice one's own individualized interpretation

But it is important to be clear about not mixing up points (1) and (2) -- primarily for the purposed of this forum which is a place to learn what Epicurus said. 😊

We are all free to decide if we personally agree or not, or if we want to be "eclectic" - and I've found a good place to explore that in my own private personal journal - as I sometimes experimentally flesh out my individualized ideas (and this is a suggestion for others if they need it).

This takes off the pressure to try to make Epicurus into something he is not. And helps the forum stay focused on exactly what Epicurus said in his [Principal Doctrines](#) and Letters. I always go back to the [Principal Doctrines](#) when my understanding feels unclear (or any confusion due to opposing or incorrect views).

You can find the [Principal Doctrines here](#) 😊