

Analysing movies through an Epicurean lens

Post by "Rolf" of May 13, 2025 at 3:43 PM

[Quote from Kalosyni](#)

As Epicureans, if we lived in communities with other Epicureans, then we would not have time for movies - we would be busy doing "barn-raising" and helping each other out to be self-sufficient, and having potlucks dinners together.

Each to their own, but for me this edges a little too close to the ascetic view of Epicureanism and judging certain pleasures as wrong. As long as watching movies leads to more pleasure than pain, and for many (myself included) it does, then what's the harm? Why must an Epicurean community necessarily have no time for movies, instead "raising barns"? It seems that one could dismiss a vast number of unnecessary but enjoyable pastimes using this rationale.

[Quote from Kalosyni](#)

I think movies are "sold" to the masses by the few who are the "movie-makers". And you really need to ask yourself: What kinds of messages are they conveying? What thoughts are they "telling" you to think? And are they ramping up your internal fears of death?

Also, most movie plots are the opposite of this:

VS72: "He who is at peace within himself also causes no trouble for others."

Sure, not every movie is going to contain an Epicurean message, but why does that mean we should avoid them? By that logic, should we also avoid the majority of music and (non-Epicurean) literature?

I hope this doesn't come off too harsh. Perhaps I'm misunderstanding your perspective on this. But if I understand correctly, then I must vehemently disagree.