

What Makes Someone "An Epicurean?"

Post by "Kalosyni" of May 16, 2025 at 9:30 AM

I'm pondering this question today (again)...of which there are two sides...1) "what would make me Epicurean" and 2) "what would make someone else Epicurean" or to "appear to be Epicurean" (such as people we know or characters in a movie).

And I want **to focus on the the second one**, which is somewhat of a projection of "what qualifies"(lol, hypothetically) someone as being Epicurean" or even better to say is as: **"what qualities and actions would an Epicurean" exhibit, such as we could then say "that person is Epicurean"**.

And here are a few thoughts on this off the top of my head:

-- an Epicurean knows how to exercise their thinking process to make good choices that result in good outcomes, for their personal happiness and well-being (physical and mental well-being), both in the short-term and in the long-term. (Letter to Menoeceus and [Principal Doctrines](#)).

-- an Epicurean lives neither as a secluded ascetic, nor as sleepy sluggard or addict, nor as a wild bohemian party animal, nor as a work-aholic -- but instead finds a pleasing and pleasant sense of a well functioning life. (Vatican Saying 11: "For most people, to be quiet is to be numb and to be active is to be frenzied.")

-- an Epicurean spends time studying or contemplating the nature of things as the material (what is, its nature, its causes, its beginnings and endings) rather than the ideal/forms. (Letter to Menoeceus and Lucretius).

Thoughts? Anything else?