

What Makes Someone "An Epicurean?"

Post by "Patrikios" of May 18, 2025 at 4:09 PM

[Quote from Kalosyni](#)

I'm pondering this question today (again)...of which there are two sides...1) "what would make me Epicurean"

[Kalosyni](#) , thank you for this simple question.

First, I don't think of being an "Epicurean" as a noun, a label. Rather, I see being a Friend of Epicurus as a life-long process of learning, applying, and re-learning the basic principles taught by Epicurus. I have learned to reject the use of labels to categorize myself (or others), as I could never live up to the expectations of others who applied specific criteria to their label more vigorously.

For me, the key qualities that outline my Epicurean journey include:

- Pursuing rational pleasure while avoiding excess
- Valuing friendship and community
- Embracing natural explanations over supernatural ones
- Seeking tranquility (ataraxia) as a highest good
- Practicing practical wisdom (phronesis) in daily life

Through the help of contributors on this website, I gain a better understanding of how to implement an Epicurean philosophical practice that leads to a life of wellbeing (eudaimonia). ☐