

□ as the symbol of the philosophy of Epicurus

Post by “Julia” of May 22, 2025 at 1:04 AM

[Quote from Kalosyni](#)

What do you feel is the most important aspect of Epicurean philosophy?

Personally, I'd say the method of truth-finding is at the core, because – after taking into account that we're engaging in philosophy, which implies that we're *already* trying to find a method for attaining the good life *before* whatever we do becomes specifically Epicurean (as opposed to generally philosophical) – because once the method of truth-finding is given, I'd expect that one would, with time and effort, rebuild something reasonably similar to Epicurean philosophy.

To rephrase that, I don't firstly hold Epicurean philosophy as divine; I don't even hold it as useful first; I first hold it as *true*, and thus, that which generates that sensation/feeling of truth, to me, is the core – and it is from truth, that everything else follows.

The feeling of *conviction* is a fundamental human emotion, which can be triggered by deep brain stimulation in isolation, which means: the subjects will report feeling very profoundly convinced, but they won't be able to tell you of what – they're just very, very convinced. This shows how the feeling of conviction is just as much a hardwired dimension of our emotional landscape as love and fear.

And what's more, in my experience with religionism, it was the same there: the conviction of truth preceded everything else – but couldn't be maintained, because – well... – it wasn't actually true, was it.

Is that really different for you?

[Quote from Joshua](#)

[Julia](#), [Don](#) has a write-up that might be relevant to your question [here](#).

And [here](#) is a thread where the question of Epicurus' birthday was raised in 2022.

Edit: another [thread](#) in the chain that led to the current paper by Don.

You're right – I didn't think to search first! Thank you for pointing me to some good places 😊