

Confusion: "The feelings are only two"

Post by "Cassius" of May 27, 2025 at 12:37 PM

[Quote from Rolf](#)

This discussion makes me wonder: How important is a conscious positive mindset/attitude to Epicurean living?

I would say it's very important. It seems to me that it's implicit in virtually all of it that you have to make conscious choices to focus your mind and decide to trust the senses and use them properly. If you don't then you end up like Cicero or worse, with an essentially supernatural or terrified or depressed view of life.

Now Cicero et al would say that it's more important to be in accord with the gods and virtue than it is to be happy, but that's again where you have to decide what kind of universe you think you live in, how you are able to learn things (if at all) and what choices you are going to make about how to live.