

Johari windows useful in Epicurean philosophy? (thread started by Adrastus)

Post by “Kalosyni” of July 4, 2025 at 2:22 PM

[Quote from Adrastus](#)

I suppose my motivation for posting it here was that I saw the topic name of "Conveying Epicurean Philosophy: Study and Practical Applications" and rather than start a new thread, I thought maybe the thread was meant to gather up different tools to use to explain Epicurean philosophy to folks.

Yes, we might eventually split off certain threads if the tools need more development. (I confess that I am not exactly clear about your use of Johari windows).

I am seeing that there is a need for teaching of both the "theory" and "practical applications".

Theory = what and why

Practical applications = how

We really need both.

And also another issue is that in some sense Epicurean philosophy is like an elephant in a room with three blind men, where each man says either: "it is soft and smooth" (like an elephant ear) or "it is like a big tree (the trunk of an elephant) or "it is like a rope" (an elephant tail). Everyone is cognizing the philosophy in a slightly different manner.

So your starting point and your theory will dictate your "how" to implement it.