

Welcome DistantLaughter!

Post by “DistantLaughter” of July 11, 2025 at 10:11 PM

Hello and thank you for the welcome.

I'm writing from Australia. I came to Epicureanism after struggling with loneliness and the sense that it's become increasingly difficult to find thoughtful, sincere friendships. Many of the people I meet seem caught up in chasing status or possessions, while others have turned to traditional religion, nationalism, or conspiracy theories—especially in the wake of the pandemic. Amid all that noise, Epicurus's quiet emphasis on friendship, modest pleasure, and freedom from fear felt like a lifeline.

I've read the *Letter to Menoecus*, parts of Lucretius, and some modern commentary. I'm still exploring how to apply these ideas in daily life, especially around katastematic pleasure and simplicity. I'm glad to have found this community and look forward to learning more.

— *DistantLaughter*