

Welcome Wbernys!

Post by “wbernys” of October 7, 2025 at 7:31 PM

Hello All, pleasure to meet some fellow Epicureans and thanks to Cassius for approval. I basically got into with an interest in ethics from a naturalist viewpoint. I am atheist (as i imagine most of you are) but wanted to find a proper system to base my life around. I tried Stoicism for a little bit and then Aristotelianism but found that neither worked out as it relied on nonsense about following the "natural order of the universe", "virtue in itself", or "fulfilling your function" with no proof these things are real let alone why he should care about them so i decided to check out Epicurus.

I ended up loving his philosophy in part because he never assumed more than was fair to assume and focused on helping people in a similar state as I (people needing help without reliance of religion and superstition) and i think a quote from Flint Dibble, an archeology communicator sums it up "we work from the known to the unknown" and within found a beautiful analysis of how to deal with fear of death and separate natural desires from vain and empty ones from a complete naturalist worldview.

I was immediately enthralled but didn't immediately accept all the [principal doctrines](#) (especially 3 and 18)and even was a Cyrenaic for a little bit because of this but as i understood his doctrine more fully (Shamefully with help from Chatgpt lol) and purchased a translation of his own works from penguin publishing (The Art of Happiness) along with a Lucretius translation by Humphries (The Way Things Are) i ended up understanding him more fully and now am a full Epicurean (except for you know antiquated scientific views like the size of the sun as most of you are i hope).

My favorite part of Epicureanism is probably the Tetra pharmakos "Fourfold Cure" (I know Cassius expressed a disliked for it, but i myself consider to be a nice summary of Epicurean philosophy). Can't wait to know you all more. Sorry if this is a bit winded lol.