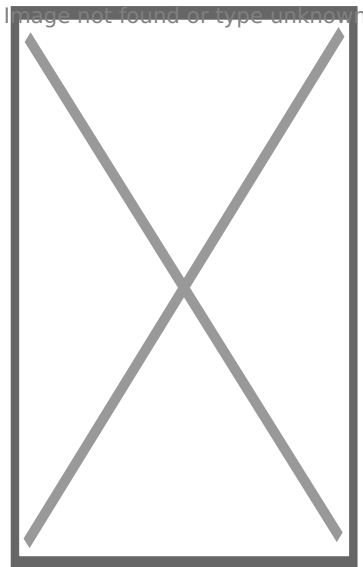


# Episode 308 - TD36 - Tracing Epicurus' Key Ideas From the Principal Doctrines To The Tetrapharmakon To Cicero's Epicurean Speakers

Post by "Cassius" of November 13, 2025 at 6:37 AM

We will probably find useful material in the Bernier/Gassendi Three Discourses material, because on page 13 Epicurus' view of happiness is summarized, citing several particulars which are of prime importance, followed by a well-developed explanation of each. But these are not the four, but the following:

- 1 - The Knowledge and Fear of God ("the right ideas we are to entertain") (p.14)
- 2 - That Death is not an Evil (p. 15)
- 3 - Do Not End Your Life Prematurely ( ...Relates to the abominable opinion of the Stoics that men in some cases have liberty to commit suicide.) (p.25) On page 28 B/G argues that Epicurus did \*not\* hasten his own death. B/G seems to be ignoring what is said in the letter to Menoecus and B/G seems to \*endorse\* the idea that it would be better never to have been born (?!)
- 4 - Do Not Be Impatient For Or Despair Of The Future. The proper attitude toward the future is neither to be impatient for it nor to despair (p.34)
- 5 - Focus on the present and do not defer happiness (p 35)
- 6 - Proper Attitude Toward Natural and Necessary Desires (p 39)
- 7 - The Call to Study Philosophy (p39)



[Three discourses of happiness, virtue and liberty. 1699 : Gassendi, Pierre. : Free Download, Borrow, and Streaming : Internet Archive](#)

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#### Quote

As to Epicurus we shall speak more at large, that he makes Happiness to consist in the Ease of the Body, and the Tranquility of the Mind, teaching at the same time, and maintaining, That the efficient Causes of this Felicity, are neither the delicious Wines, nor the delicate Meats, nor any such thing; but a sound, just and enlightened Reason assisted by Virtue, from which it is not to be separated, and which duly weighs and examines the Causes and Motives that induce us, either to embrace or shun any thing. Therefore designing to treat afterwards of Happiness, he earnestly exhorts, to consider thoroughly of the things that conduce to it; and because amongst those things the chief is, That the Mind may be disengaged from certain Mistakes, which cause continual Disturbances and vain Fears, he mentions several Particulars, which he believes to be of that Importance, that when well examined, will settle the Mind, and procure to it a real and solid Happiness.