

# Welcome Aeneadum!

**Post by “Aeneadum” of April 14, 2026 at 10:39 PM**

Has any one here used Epicurus as their Higher Power in a 12 step setting, or know of anyone who has?

(I would hope no one simply points out that the Tetrapharmakon contradicts the many mentions of a God in the 12 Steps. In practice, many atheists apply the 12 steps successfully to their recovery, and in my experience with AA and NA, any system of ethical principles or abstract ideals is not only tolerated but encouraged. I think therapeutic efficacy should balance doctrinaire exactitude in what is often a life or death predicament. If I may advance the following admonition attributed to Epicurus, “Empty is that philosopher’s argument by which no human suffering is therapeutically treated. For just as there is no use in a medical art that does not cast out the sicknesses of bodies, so too there is no use in philosophy, if it does not throw out suffering from the soul.”)