

Welcome RoseQuartzAxolotl!

Post by "Cassius" of May 17, 2026 at 4:53 PM

RoseQuartzAxolotl (that's quite a user name!) tells us this:

Hello Cassius and all!

I'm 34 and I live in the Chicagoland area with my husband and our Shetland Sheepdog. I work on the systems side of education.

I grew up fairly conservative and fundamental Christian, and it took a long time to undo that knot. I've long considered myself an atheist/agnostic in my adult life, but as I enter my middle age years and leave my (relative) "youth" behind, I've looked for answers to existential and practical questions: What is the meaning of my life without religion? What set of ethics do I believe to guide my life? What legacy will I leave behind? How do I navigate this world "alone" without belief in divine intervention or an afterlife? Etc etc.

I had quickly come across Epicureanism a few years ago and I remembered it while reflecting on these questions. As I continue to delve deeper, I continue to find great truth. It's like every time I read a new (to me!) text, I laugh because I think "Aha! Finally some sense in this world!" and I feel I relate to Metrodorus when he fell to his knees after hearing Epicurus speak, feeling he had uncovered the secrets of the universe, so-to-speak. But I am not trained in philosophy at all! I received an earth science degree and most of my humanities classes revolved around arts, art history, and modern foreign language so I never even took a philosophy 101 class. I am trying not to be too intimidated by my current lack of knowledge in both philosophy AND the ancient. I remind myself learning has no age limit, the brain is extremely elastic even well into old age, and the only way to achieve the pleasure of competence is to push through the temporary pain of feeling like a fool. :p I am interested in applying Epicurean principles to modern life, learning more about how the ancient followers structured their day-to-day lives, how these principles can help modern mental health issues (alongside science, not instead of), etc. And just learning more in general!

I wanted to specifically join this forum as my husband does not seem to be nearly as thrilled as I am to discuss an ancient school of philosophy LOL. So for now, this will suffice as my Garden Community. 😊

I appreciate your time! Please let me know if there's anything else I need to provide or questions I need to answer. Have a good day everyone!