

Calculus, Minimalism, Consumerism, Finding the Path

Post by “Hiram” of October 18, 2019 at 10:02 AM

[Quote from Garden Dweller](#)

Did Epicurus recommend a certain lifestyle?

Does Epicurus recommend eating simple food and growing one's food in a garden?

Would living in a garden and harvesting one's food be a life to strive for as a student of Epicurus?

Concerning should we have a Garden, we should go to the first elements of the teaching. Here, the issue is autarchy (self-sufficiency), which is probably the most long-term existential project that we have to work on. How do we engage productively in the world while still enjoying a life of pleasure?

Philodemus of Gadara wrote a scroll "On the art of property management" which delves a bit into this. But these conversations must be rooted in modern reality. He does not even mention gardening, although it fits within the broader idea of having multiple streams of income in order to facilitate a life of leisure and pleasure. Instead he prioritizes:

1. taking fees from the teaching of philosophy
2. accepting rental income from our properties
3. entrepreneurial income (employing others to work for us)

in that order. He also recommends ownership of means of production, and mentions the importance of associating with good friends and of delegating tasks as means to secure pleasure while being productive. Here are some of my gleanings from the scroll on property management, which you can find on amazon (linked from the essay).

<http://societyofepicurus.com/on-philodemus-...agement-part-i/>

<http://societyofepicurus.com/on-philodemus-...gement-part-ii/>