


Welcome Christos Yapijakis from the Athenian Garden of Epicurus!

Post by "Cassius" of January 20, 2018 at 8:40 AM

While we are smoothing out timeline notifications, here is Christos' post to his timeline. Others should be sure to "follow" him to get notices when he posts.



Christos_Yapijakis · 4 hours ago ▼

Shared something on his own timeline .

My Epicurean friends, it is a great pleasure to be in your company and directly communicate with you. I have a very busy schedule that includes clinical work, research and teaching so I will not be able to be available every day, Nevertheless, I will find pleasure doing my best to enter my thoughts here at least twice a week.

I will start stating that our master Epicurus told us that in order to achieve eudaimonia (happiness, katastematic pleasure) we only need: a) the basic knowledge of nature, b) phronesis (prudence, practical wisdom), and c) eunoia (good will) and philia (friendship). Then there is no real dilemma...

"When you are in a deadlock, it is because you forget the principles of Nature. Because you create yourself unlimited fears and desires".
Epicurus (Porhyrius "To Marcella" 29.7)