

I'm back.....:-)

Post by “brett” of November 12, 2020 at 1:01 PM

hi Cassius,

1. Correct. i was never really attracted to the 'virtue' thing nor their belief in fate. As a long-time atheist, I have no interest in the supernatural. What attracted me was the analgesic aspect. You won't remember but I actually asked you when I first joined if there were any practices, etc. like the stoic mental practices.

2. The more I've thought about my departure from EP two years ago the more I'm convinced it was because of this point I'm making.

For better or for worse, I'm a person who by my disposition is easily stressed out by anxiety about the future. Not clinically so....but it's easy for me to worry about things. The Stoic practices are SO effective at fortifying one against those worries. What I've discovered, unfortunately, is that while they are effective, they are only truly effective if you buy into the metaphysics. And I just don't and I can't pretend any longer that I do.

So, that leaves me with what I truly believe is the aim of life: maximizing pleasure and thus achieving happiness. It's so clear and simple to me now that I've seen through the Stoic facade.

Thanks for the conversation. I'd welcome more discussion about coming up with or articulating these practices and methods specific to EP.

Thanks,

Brett