

# Welcome Alex!

## Post by “Alex” of May 16, 2021 at 8:43 PM

Hi Cassius. Thank you, glad to be here.

I discovered your podcast by chance, just after exploring Lucretius' book. I decided to learn more in depth about epicurean ideas, as I am in tune with them in many respects. I do enjoy the podcast, by the way.

I live in Britain, although my first language is Spanish. So I smile every time you people discuss about different translations and interpretations. fascinating!

I don't feel confident to participate yet, but I am sure this is the right place to keep learning about this subject (apart of the podcast). Great forum. Thanks.

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## Post by “Cassius” of May 16, 2021 at 8:47 PM

Hello and welcome to the forum [Alex](#) !

This is the place for students of Epicurus to coordinate their studies and work together to promote the philosophy of Epicurus. Please remember that all posting here is subject to our [Community Standards / Rules of the Forum](#) our [Not Neo-Epicurean, But Epicurean](#) and our [Posting Policy statements](#) and [associated posts](#).

Please understand that the leaders of this forum are well aware that many fans of Epicurus may have sincerely-held views of what Epicurus taught that are incompatible with the purposes and standards of this forum. This forum is dedicated exclusively to the study and support of people who are committed to classical Epicurean views. As a result, this forum is not for people who seek to mix and match some Epicurean views with positions that are inherently inconsistent with the core teachings of Epicurus.

All of us who are here have arrived at our respect for Epicurus after long journeys through other philosophies, and we do not demand of others what we were not able to do ourselves. Epicurean philosophy is very different from other viewpoints, and it takes time to understand how deep those differences really are. That's why we have membership levels here at the forum which allow for new participants to discuss and develop their own learning, but it's also why we have standards that will lead in some cases to arguments being limited, and even

participants being removed, when the purposes of the community require it. Epicurean philosophy is not inherently democratic, or committed to unlimited free speech, or devoted to any other form of organization other than the pursuit by our community of happy living through the principles of Epicurean philosophy.

One way you can be most assured of your time here being productive is to tell us a little about yourself and personal your background in reading Epicurean texts. It would also be helpful if you could tell us how you found this forum, and any particular areas of interest that you have which would help us make sure that your questions and thoughts are addressed.

In that regard we have found over the years that there are a number of key texts and references which most all serious students of Epicurus will want to read and evaluate for themselves. Those include the following.

1. ["Epicurus and His Philosophy"](#) by Norman DeWitt
2. ["A Few Days In Athens"](#) by Frances Wright
3. [The Biography of Epicurus by Diogenes Laertius.](#) This includes the surviving letters of Epicurus, including those to [Herodotus](#), [Pythocles](#), and [Menoceus](#).
4. ["On The Nature of Things"](#) - by Lucretius (a poetic abridgement of Epicurus' "On Nature")
5. ["Epicurus on Pleasure"](#) - By Boris [Nikolsky](#)
6. The chapters on Epicurus in Gosling and Taylor's "The Greeks On Pleasure."
7. [Cicero's "On Ends" - Torquatus Section](#)
8. [Cicero's "On The Nature of the Gods" - Velleius Section](#)
9. The Inscription of Diogenes of Oinoanda - [Martin Ferguson Smith translation](#)
10. [A Few Days In Athens" - Frances Wright](#)
11. Lucian Core Texts on Epicurus: (1) [Alexander the Oracle-Monger](#), (2) [Hermodotimus](#)
12. [Philodemus "On Methods of Inference"](#) (De Lacy version, including his appendix on relationship of Epicurean canon to Aristotle and other Greeks)

It is by no means essential or required that you have read these texts before participating in the forum, but your understanding of Epicurus will be much enhanced the more of these you have read.

And time has also indicated to us that if you can find the time to read one book which will best explain [classical Epicurean philosophy](#), as opposed to most modern "eclectic" interpretations of Epicurus, that book is Norman DeWitt's ***Epicurus And His Philosophy***.

***Welcome to the forum!***

# Not Neo-Epicurean, But Epicurean

1. Not "flourishing," "human potential," "self-actualization," or "meaningfulness," but happiness grounded in the feeling of pleasure.
2. Not "absence of pain" as a full statement of the goal of life, but "the Feelings are two, pleasure and pain" and "Pleasure is the beginning and the end of a happy life."
3. Not virtue for the sake of virtue, but virtue as instrumental for the attainment of pleasure.
4. Not "the greatest good for the greatest number," but "Every desire must be confronted with this question: What will happen to me if the object of my desire is accomplished and what if it is not?"
5. Not "humanism," "transhumanism," "individualism," "collectivism," "egoism," "altruism," "social progress," "Marxism," "democracy," "tyranny," or any "one size fits all" political ideal of any kind, but social structure based on friendship which "is formed and maintained by means of a community of life among those who have reached the fullness of pleasure."
6. Not "hard determinism," but "some things happen from necessity, some from chance, and others through our own choice."
7. Not "supernaturalism," but "materialism."
8. Not "supernatural gods," or "life after death," but confidence in a fully material universe and "for those men for whom wisdom is possible, and who do seek it, such men may truly live as gods."
9. Not only "short term hedonism," but "it is to continuous pleasures that I invite you."
10. Not "rationalism," but "all reason is dependent upon sensations."
11. Not fearful of death nor careless of losing life, but valuing life for the opportunity of pleasure it brings.

## Our Posting Policy At EpicureanFriends.com:

**"No Partisan Politics," "No Supernatural Religion," and "No Absolute Virtue"**

This forum is dedicated to promoting the philosophy of Epicurus, and not to any partisan political positions whether "left," "right," or "center." The task of rediscovering Epicurean philosophy requires that such discussions be held elsewhere. Posts violating this rule are subject to removal.



Epicurean philosophy firmly rejects the viewpoint that there are any supernatural forces or absolute virtues or Platonic ideals of any kind. Argument which is based on supernatural claims, or "absolute" virtues or ideals of any kind, are in violation of this rule and subject to removal.

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**Post by "Cassius" of May 16, 2021 at 8:48 PM**

Welcome again Alex, and thanks for saying hello so quickly!

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### **Post by “Cassius” of May 16, 2021 at 8:55 PM**

#### [Quote from Alex](#)

I discovered your podcast by chance, just after exploring Lucretius' book.

I'm interested to know how you discovered it -- by using a podcast app to search for Lucretius, or what?

#### [Quote from Alex](#)

I don't feel confident to participate yet,

I think if you will look around you will see proof that everyone here is very nice and welcoming regardless of your level of knowledge. We've tried very hard to keep everything friendly and even "light" - at least where appropriate -- so if you experience any comments you feel are less than welcoming you let me know by private message and I'll take care of the offending party - but I am quite sure that isn't going to happen! 😊

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### **Post by “Don” of May 16, 2021 at 9:21 PM**

#### [Quote from Alex](#)

I don't feel confident to participate yet, but I am sure this is the right place to keep learning about this subject (apart of the podcast). Great forum. Thanks.

Welcome, [Alex](#) ! Feel free to move at your own pace, and post when you're ready. We encourage questions! 😊

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### **Post by “Martin” of May 17, 2021 at 10:27 AM**

Welcome Alex!

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### **Post by “Alex” of May 17, 2021 at 8:33 PM**

#### [Quote from Cassius](#)

I'm interested to know how you discovered it -- by using a podcast app to search for Lucretius, or what?

Yes, using iVoox platform. I am currently listening a podcast related to Portuguese language. I didn't search for Lucretius in particular, I discovered by chance. I bought 'On the nature of things' recently. Then, I noticed that you mention this forum in the introduction of the episodes. Domino effect online, I think (maybe an incorrect observation here).

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### **Post by “Cassius” of May 18, 2021 at 7:04 AM**

Yes I am thinking that there are not a large number of podcasts dedicated to Epicurus or Lucretius, so we probably pop to the top of the list of podcast searches much more than general text searches at google and similar. Thanks for letting us know.

EDIT: I checked out ivoox to see how high we were, and I was struck that we weren't nearly as high as i thought. Had to get to page two before finding us. Not sure how their rankings work. But it looks like the number of episodes may work for us.