

# Titus' personal outline

**Post by "Titus" of January 29, 2022 at 5:19 PM**

Just what appeared in my mind spontaneously.

## **(1) The nature of the universe**

There is nothing foreign to me in the universe.

Everything takes part in the process of becoming and perishing.

## **(2) The nature of knowledge**

There are limits and boundaries set, within we are able to discover all knowledge we need for living a life full of pleasure.

There is no need of special knowledge. Just trust your senses and realize that there's a deep connection between your natural faculties and the universe. Everything you know is sufficient.

## **(3) The nature of how to live.**

The good is easy to get, the bad is easy to endure.

Everything one needs is within reach.

There is nothing to fear.

Friendship dances around the world, bidding us all to awaken to the recognition of happiness.

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**Post by "Cassius" of January 29, 2022 at 8:04 PM**

Thanks for that Titus! Are you planning to expand this or would you like commentary or questions?

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## **Post by “Titus” of January 29, 2022 at 10:12 PM**

I am open for questions and comments. I definitely will refine my outline in the future, but rather in upcoming spring (inspired by Venus 😊 ) than this winter.

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## **Post by “Titus” of September 29, 2022 at 2:20 PM**

*Original intended for a commentary on the Lucretius Today podcast, episode 140. I think this suits better here. As always, this is my personal interpretation, even while I think in ultimate terms.*

It's a pleasure to me, that the discourse on the letter to Menoikeus in episode 140 of Lucretius Today is leading to the acknowledgement of the "blessed life" or "eudaimonia", as this has always been close to my understanding of Epicurean philosophy. There is even more to say about the differentiation of pleasures. This has also been of quite importance to me but has also evolved over time. In my opinion, a common misunderstanding is interpreting the natural and necessary desires as simply "bread and water" or frugality. This might be the yogi's or monk's interpretation, but they dismiss the context as the modern reader doesn't grasp the meaning of "Peace and Safety!" in the bible. There's also the implied message of being focused on your body, which also means being focused on your senses, your perceptions. This is what is in the centre of life. You're a corporal being, so prioritizing on the very voices of your body satisfies best. Arguing in a short run, having satisfied the needs of the body (aponia) and having accomplished a state of resilience against fear and bad influences (ataraxia) opens the path for the realizing of maximum pleasure (hedone) and accomplishing the good live (eudaimonia) all folks on Earth are seeking for.

The yogi and the monk may think they have gained inner calm, strength and happiness through focusing on whatever teaching they follow. But in reality, they just have entered the sphere nature is calling everyone for. Their philosophies work, albeit their proper message is only a side effect. The real forces working might never reach their recognition.

But this is just the starting point. Reconnected with my senses and perceptions, I skip the world of ideas, as one could call the neither natural nor necessary desires. What is of importance to me is feeling. Recognizing my stomach's fullness, the warmth of the sun on my skin. Breathing fresh air. Enjoying a tasteful and varied meal. All these pleasures poured into my cup to its fullness! I do enjoy this while my body is freed from pain and my mind is freed from fear and anxieties. I try to build up friendships and have my life organized, according to the rules and customs of the area I live in. Finally, I end up living the life of a blessed being, men calls a god.

Excursus: If the Stoics feel truly happy, they do so because they are "Epicureans in disguise". What's finally in their power are their senses, their natural needs. They conclude these via second hand abstractions, not realizing which realm they are entering. They are endangered to distract-thinking, focussing too much on the mind and being the mastermind, while nature holds all the cards in the game.

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## **Post by "Titus" of September 21, 2023 at 4:46 AM**

### **(3) The nature of how to live.**

This could also be seen as a continuation of the [Epicurean Philosophy Navigation Chart](#) to expand the Ethics. A preliminary list of topics that are important to me:

1. Awareness of becoming and passing away, consciousness of life and death in respect to the nature of the universe, processuality of life
2. Pursuing/Focussing the natural desires which
  - a.) is Nature's yardstick for happiness
  - b.) leads to self-sufficiency and autarky
  - c.) reveals life as an inexhaustible source of happiness
  - d.) sets the focus how to plan/organize our lives according to Nature
3. Promoting friendship/life in living relationships as a means to achieve security
4. The imperishable life of the gods as a role model to achieve with our perishable means
5. Focusing/staying connected with our senses, thus overcoming abstract ideas/desires/fears
6. Concentration on your body/person as a material being. Awareness about natural and necessary desires, therefore focusing health/wellbeing