

Epicurean Philosophy for the Sensitive Soul

Post by “Kalosyni” of June 2, 2023 at 3:25 PM

I just created this new post in my blog, and I start out with points 1 - 3 (and will add another post soon on points 4 - 8).

(Click on the image below to visit my blog and read further):

Epicurean Philosophy

for the Sensitive Soul

1. Embracing sensation
2. Balancing the feelings
3. Creating a "joy basket"
4. Inhabiting the world
5. Flow and feeling in work
6. Studying the philosophy
7. Nurturing friendship
8. Celebrating life



<https://epicureanphilosophyblog.blogspot.com>

Post by "Eoghan Gardiner" of June 3, 2023 at 9:31 AM

This is great thank you.

Post by “Kalosyni” of July 11, 2023 at 11:06 AM

My blog, just posted, on "Inhabiting the World as an Epicurean":

Quote

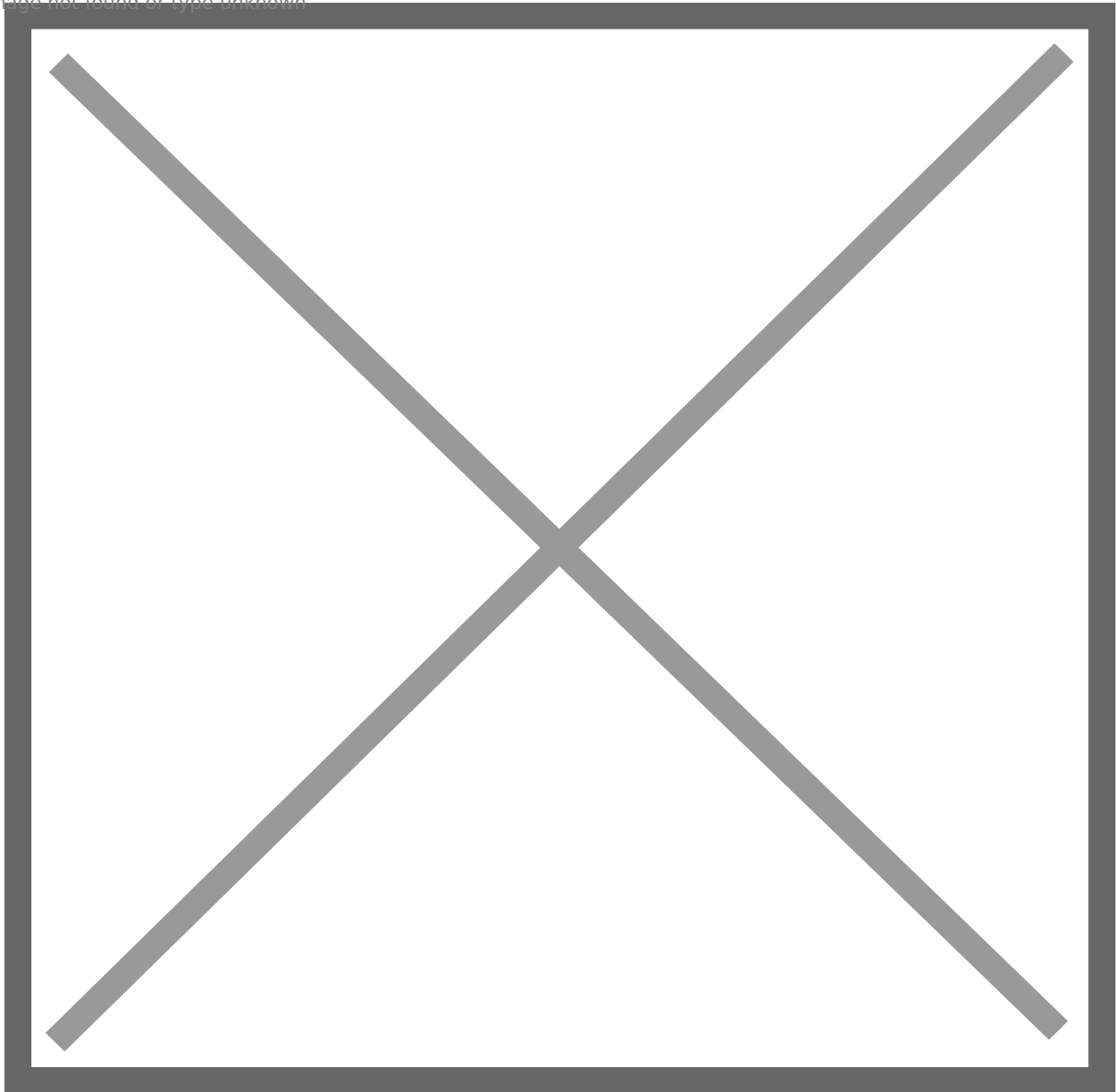
In this post I take up point number 4, for both extroverts as well as the introvert "sensitive souls" among us.

As Epicureans how do we see ourselves in relation to the world? And how do we feel our own self-presence? How do we move through the world? How do we inhabit the world?

There is a Bible verse about "being in the world but not of it", but as Epicureans I would suggest that we take up the opposite idea -- of being in the world AND of it. We are not separate from the world and we aren't going somewhere better when we die. This is it. So how do we want to live this one life that we have?

Read the full blog post here:

Image not found or type unknown



[Inhabiting the World as an Epicurean](#)

In this post I take up point number 4, for both extroverts as well as the introvert "sensitive souls" among us. As Epicureans how do we ...

epicureanphilosophyblog.blogspot.com

Post by “Bryan” of July 11, 2023 at 5:19 PM

This is great! "sometimes we need to overcome subtle feelings of uncertainty, and move forward with activities that will bring us greater joy and well-being over the long-term." Although Epicurus was well studied and, with the help of his group, produced many books -- I do not think he was bookish in the way we often think of the archetype, which is too often, in the west, very quiet and rather antisocial. Epicurus was very social and spent most of his time outdoors, or at least with the windows open.

Post by “warjuning” of July 12, 2023 at 11:25 AM

if your words were given to me as advice as i would find them to be very gentle and grounded