

Welcome Tariq!

Post by "Cassius" of December 29, 2023 at 5:32 PM

Welcome [tariq](#) !

There is one last step to complete your registration:

All new registrants must post a response to this message here in this welcome thread (we do this in order to minimize spam registrations).

You must post your response within 72 hours, or your account will be subject to deletion.

Please say "Hello" by introducing yourself, tell us what prompted your interest in Epicureanism and which particular aspects of Epicureanism most interest you, and/or post a question.

This forum 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.

["Epicurus and His Philosophy"](#) by Norman DeWitt

[The Biography of Epicurus by Diogenes Laertius](#). This includes the surviving letters of Epicurus, including those to [Herodotus](#), [Pythocles](#), and [Menoceus](#).

["On The Nature of Things"](#) - by Lucretius (a poetic abridgement of Epicurus' "On Nature"

["Epicurus on Pleasure"](#) - By Boris [Nikolsky](#)

The chapters on Epicurus in [Gosling and Taylor's "The Greeks On Pleasure."](#)

[Cicero's "On Ends" - Torquatus Section](#)

[Cicero's "On The Nature of the Gods" - Velleius Section](#)

The Inscription of Diogenes of Oinoanda - [Martin Ferguson Smith translation](#)

[A Few Days In Athens" - Frances Wright](#)

Lucian Core Texts on Epicurus: (1) [Alexander the Oracle-Monger](#), (2) [Hermotimus](#)

[Philodemus "On Methods of Inference"](#) (De Lacy version, including his appendix on relationship of Epicurean canon to Aristotle and other Greeks)

"The Greeks on Pleasure" -Gosling & Taylor Sections on Epicurus, especially the [section on katastematic and kinetic pleasure](#) which explains why ultimately this distinction was not of great significance to Epicurus.

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. Feel free to join in on one or more of our conversation threads under various topics found throughout the forum, where you can to ask questions or to add in any of your insights as you study the Epicurean philosophy.

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.

(If you have any questions regarding the usage of the forum or finding info, please post any questions in this thread).

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"

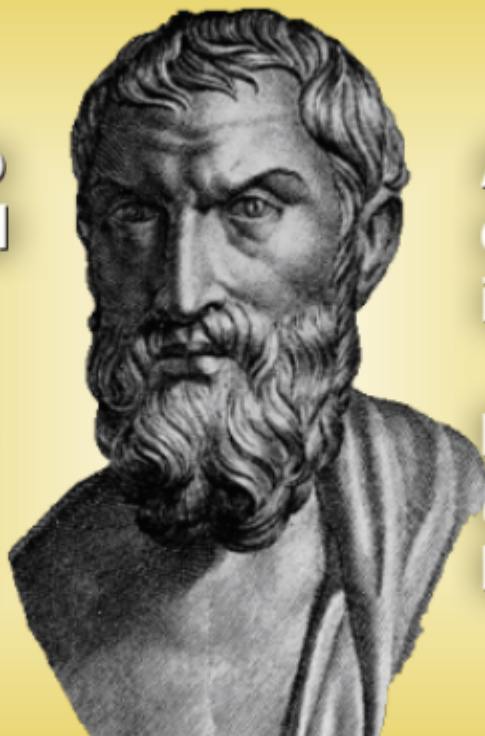
This forum is dedicated to promoting the philosophy of Epicurus, and not to any partisan political positions whether "left," "right," or "center." The task of rediscovering Epicurean philosophy requires that such discussions be held elsewhere. Posts violating this rule are subject to removal.



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.

There are no supernatural gods.

There is no life after death.



All good and evil consists in sensation.

Pleasure is the guide of life.

Post by “Pacatus” of December 29, 2023 at 5:59 PM

Welcome, Tariq. 😊

Post by “tariq” of December 30, 2023 at 6:47 AM

Thanks for adding me [Cassius](#), I am Tariq, I live in UK, an immigrant since the age of 24, & grew up in Lahore, Pakistan. Working as Quality/R&D Professional in manufacturing sector. & I am a lifelong learner keen follower of Science, Philosophy, Psychology, Art & History.

I have been following stoicism for a while now, I did not read much about epicureanism I was only aware of hedonic treadmill the term they use a lot in psychology. While recently I discovered Epicureanism when I was looking up for differences between stoicism, cynicism and hedonism. Epicurus idea of 'The Garden' really fascinates me, was completely hooked for many days when I found it, as I have always appreciated & sought after meaningful friendships as a way of seeking happiness to live a calm & content life.

And I resonate myself more with Epicurus' basic principles of living and seems like completely relevant to this modern day to live a happy life - & much more relevant than any other traditional organized religions.

Have not read much of epicurean texts yet but have watched lots of videos & podcasts on YouTube on Epicureanism, and I have just started a book on 'The Art of Happiness' a penguin classic on Epicurus, George K. Strodach Translation.

I don't remember how I found this forum, but I was actively looking for groups (or kind of virtual garden) on Facebook, or Meetup, & yeah, I believe I found this forum on google through some random searches. This forum has everything I was looking for, really appreciate the work you guys been doing!

Do you have any mobile app where this forum can be easily accessed without opening my laptop? 😊

Quote

**“Nothing is sufficient for the person who finds sufficiency too little” —
Epicurus**

Post by “tariq” of December 30, 2023 at 6:49 AM

[Quote from Pacatus](#)

Welcome, Tariq. 😊

Thanks Pacatus. Nice to meet you.

Post by “Cassius” of December 30, 2023 at 6:56 AM

Great to have you Tariq! No, no mobile app, but the forum software is pretty well optimized to work on a cell phone screen format, so hopefully that will serve the purpose!

Post by “Don” of December 30, 2023 at 6:57 AM

Welcome aboard, [tariq](#) . Thank you for sharing your story.

You'll find a number of us here found Epicurus after involvement (some more, some less) with Stoicism. I "discovered" Epicurus's philosophy via Marcus Aurelius and some general intro to philosophy books.

There's no mobile "app" but the forum software works very well on a browser on a mobile phone or tablet. In fact, the vast majority of my posts have been via mobile.

In the meantime, glad to have you here. Check out the threads and resources here, and looking forward to your contributions to the discussion.

Post by “tariq” of December 30, 2023 at 7:11 AM

[Quote from Cassius](#)

Great to have you Tariq! No, no mobile app, but the forum software is pretty well optimized to work on a cell phone screen format, so hopefully that will serve the purpose!

Thanks Cassius.

Post by “tariq” of December 30, 2023 at 7:20 AM

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In the meantime, glad to have you here. Check out the threads and resources here, and looking forward to your contributions to the discussion.

Thanks Don, thanks for sharing this. & Nice to meet you, glad to have found this forum. browser on mobile phone & tablet should be fine.

Yes, Resources here are looking amazing! Looking forward to it. Loads of content here I will come back to it once I am finished with the book I have started.

Post by “Don” of December 30, 2023 at 8:20 AM

[Quote from tariq](#)

once I am finished with the book I have started

By the way, we all highly recommend Dr. Emily Austin's book Living for Pleasure as an excellent and very accesible introduction to the philosophy. We had the pleasure of interviewing her:

<https://youtu.be/q2v-G6wBEIlg?feature=shared>

Post by “tariq” of December 30, 2023 at 9:21 AM

[Quote from Don](#)

[Quote from tariq](#)

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Yeah sure Don, thanks, good to see this book on Kindle, normally epicurean text/books are hard to find in digital forms.

Post by “Godfrey” of December 30, 2023 at 1:24 PM

Welcome [tariq](#) !

My recollection of The Art of Happiness is that I liked the translations but found the commentary somewhat hostile to Epicurus. That said, it's been a couple of years since I read it so my memory could be hazy.

I, too, discovered Epicurus by way of Stoicism. I was reading Cicero's On the Nature of the Gods, which is extremely hostile to Epicurus. Cicero's arguments were so over the top that they convinced me to find out more about Epicurus. And here I am, years later.

Post by “Kalosyni” of December 30, 2023 at 4:51 PM

<https://www.epicureanfriends.com/thread/3613-welcome-tariq/>

[tariq](#) Welcome to the forum!

Post by “tariq” of December 30, 2023 at 6:03 PM

[Quote from Godfrey](#)

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I, too, discovered Epicurus by way of Stoicism. I was reading Cicero's On the Nature of the Gods, which is extremely hostile to Epicurus. Cicero's arguments were so over the top that they convinced me to find out more about Epicurus. And here I am, years later.

Hi Godfrey, can't conclude anything yet but will definitely try to write my review here about this book.

& yeah something similar happened to me when I was reading epictetus discourses and his criticism about cynicism, didn't make sense to me, then I did little more research about it and ended up finding epicurean philosophy.

Post by “tariq” of December 30, 2023 at 6:05 PM

[Quote from Kalosyni](#)

[tariq](#) Welcome to the forum!

Thanks Kalosyni! Nice to meet ya.

Post by “Novem” of December 30, 2023 at 10:51 PM

Welcome! I also have that Penguin Classics book "The Art of Happiness" and I got it because I wanted to have a quick-reference physical copy of key Epicurean texts and philosophical summary at hand.

Post by "Martin" of January 2, 2024 at 5:03 AM

Welcome Tariq!

Post by "tariq" of January 2, 2024 at 1:47 PM

[Quote from Martin](#)

Welcome Tariq!

Thanks Martin!