

# Welcome Ranc1

**Post by "Cassius" of January 21, 2025 at 11:50 AM**

Welcome [ranc1](#) !

**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 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.

Please check out our [Getting Started](#) page.

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) [Hermodotus](#)

[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.

**Nothing can be created from nothing.**

**Nature has no gods over her.**

**Do not assign to the gods anything that is inconsistent with incorruption and blessedness.**

**Death is nothing to us.**

**There is no necessity to live under the control of necessity.**



**He who says "Nothing can be known" knows nothing.**

**All sensations are "true."**

**Virtue is not absolute or an end in itself - all good and evil consists in sensation.**

**Pleasure is the guide of life.**

**By "Pleasure" we mean all experience that is not painful.**

**Life is desirable, but unlimited time contains no greater pleasure than limited time.**

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**Post by "ranc1" of January 21, 2025 at 12:12 PM**

Hello!

Ancient Greece philosophy was always special interest to me - but I never find the practical connection with modern life and issues like social anxiety, oppression, injustice. Until yesterday when on Kinnu application I came up to Epicurus philosophy. Today I scanned his quotes, made a [video about it on YT](#) and I find his work fantastic, I am flabbergasted

and here I am-

as I understand Epicurus is considered as Einstein of the ancient world due to his intelligence, but his philosophy is practical too - they are not some empty words about moral and ethics we all should follow. He is addressing some unresolvable issues too. I will definitely mention him on my [reddit forum about social anxiety](#) and I want to learn more about his philosophy - so I am here.

The small detail how he does not agree with stoicism - I never found anyone critical to stoicism. That was a sign that he is my man. I belong here. I want to learn more.

*"In contrast with the stoics and modern counterparts in today's religious and humanist communities Epicurus taught that virtue is not absolute. Or the end in itself. That all good and evil consists in sensation. Epicurus held that if virtue does not lead to pleasure and happiness - it's useless."*

<https://www.youtube.com/watch?v=6iXCI88Z64U>

The problem with internet stoicism (idea that we resolve issues only through training and discipline and willpower) is something I could not apply to real life and here he is - Epicurus says that stoics chase empty virtue without the real goal - that is so laser sharp correct, that is simply ...I am speechless.

CBT and modern self-help books are mostly based on stoicism and neurotypical people view social anxiety through the filter of stoicism - which does not work in real life and it is actually damaging.

I definitely want to learn more about his philosophy, it feels like I found my GPS with him.

Ranko

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### **Post by "Cassius" of January 21, 2025 at 12:30 PM**

Welcome Ranc1! Just had a second to start scanning your video and I think you are going to find that some of those quotes are not accurate, but in general I think you are definitely on the right track. Sorting out the details is what we do here and we'll be glad to help. Welcome aboard and I applaud your enthusiasm!

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### **Post by "ranc1" of January 21, 2025 at 12:35 PM**

Thank you!

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**Post by “Eikadistes” of January 21, 2025 at 1:44 PM**

[Quote from ranc1](#)

CBT and modern self-help books are mostly based on stoicism and neurotypical people view social anxiety through the filter of stoicism - which does not work in real life and it is actually damaging.

This is a great observation many of us have also observed. Welcome!

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**Post by “Martin” of January 21, 2025 at 3:24 PM**

Welcome Ranko!