

# Brochure By Al-Hakiim von Grof

Post by “Al-Hakiim von Grof” of January 26, 2025 at 3:32 PM

In the spirit of “pamphleteering”, I wanted to put together a brochure that can be easily printed and distributed. It was also an exercise in attempting to digest key concepts of Epicurean Philosophy.

My goal was to briefly introduce Epicurus and Epicureanism in such a way as to stimulate the curiosity of the reader while maintaining the integrity of the doctrines.

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## Epicurus?

An esteemed philosopher of Ancient Greece. After overcoming much hardship and marginalization by the establishment of his day, he founded The Garden in Athens where he developed his *life-affirming philosophy* and taught it to all who desired **a life of pleasure and plenty.**

## A Philosophy For Life

*Epicureanism isn't a religion of dogma and creed. It's a unique way of living and viewing the*

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## Resources For The Curious

### Books:

*Epicurus and His Philosophy*, by Norman Dewitt

*Living For Pleasure*, by Emily Austin

*The Hedonicon*, by N. H. Bartman

### Digital:

<https://www.epicureanfriends.com/wcf/>

*Lucretius Today* podcast

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## The Epic Life

Ancient Wisdom For Living  
In The Fullness Of Pleasure



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*"We must then meditate on the things that make our happiness, seeing that when that is with us we have all, but when it is absent we do all to win it." - Epicurus*



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## On Gods

"That which is blessed and incorruptible neither troubles itself nor gives trouble to others, so neither anger nor obligation constrain it; for all of this arises from being weak."

Wrath and partiality are not qualities befitting a god. You need not waste your limited time on earth trying to win a gods favor or fearing its judgement - for none will come.

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## On Death

"Death is nothing to us, because dissolution means unconsciousness and unconsciousness is nothing to us."

*Death is the end* and we need not fear it. In fact, **our finite time makes everything we experience infinitely more meaningful.** Do not waste the time you're given, fill it with great pleasures - friends, family, sense experiences - and you will greet death with the satisfaction of a life well lived.

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## On Pleasure

"The peak of pleasure is the excision of all pain; and wherever pleasure is, for the time that it is, there is neither discomfort, nor distress, nor both."

There is **only either pain or pleasure**, no third state exists; any "neutral" state is a misconception. This is proven by the experience of great pleasure when pain is relieved - this is our default state reasserting itself. With the proper understanding, we realize that merely sitting still and being alive is a great pleasure.

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## On Life

"It is not possible to live pleasantly without living prudently, honorably, and justly; nor can

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**Post by “Cassius” of January 26, 2025 at 3:56 PM**

Great work Al-Hakiim!

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**Post by “Cassius” of January 27, 2025 at 8:35 AM**

[Kalosyni](#) I think we need to encourage more people to develop handouts. Do we have a section on the forum devoted to Handouts or Brochures? If not, let's set one up somewhere under "Activism" thanks!

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**Post by “Kalosyni” of February 10, 2025 at 3:47 PM**

[Al-Hakiim von Grof](#) That looks like a good brochure! ...and perhaps [AxA](#) may want to use it (or something like it) for the Epicurean [Meet-ups group he is starting](#).

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**Post by “AxA” of February 10, 2025 at 4:52 PM**

I like this idea. I've been thinking about a one-page handout to bring to the in-person gathering. I would want it to contain at least the four-fold cure and three classes of desires. Probably some other of the [principal doctrines](#), but stated as simply as possible. And a few of the common misunderstandings of the teaching.

[Al-Hakiim von Grof](#), I really like the back of this brochure with the four principles and Epicurus quote. I might use something like this.