

# Welcome Vlasalv!

**Post by "Cassius" of April 21, 2025 at 10:03 AM**

Welcome @vlasalv

## **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) [Hermodotimus](#)

[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.**

---

**Post by “vlasalv” of April 21, 2025 at 12:08 PM**

Hello, and thank you for the warm welcome!

I'm originally from Spain but currently living in Ireland. Recently, I rediscovered Epicurus through the work of Spanish author Fabián C. Barrio, whose clarifications of Epicurean philosophy resonated deeply with me. Inspired by these insights, I sought to connect with fellow Epicureans—thanks to DeepSeek for guiding me to this community!

While I still have much to read and learn before making significant contributions, I'm delighted to be part of this philosophical journey alongside all of you.

Cheers,  
Vlas

---

### **Post by "Cassius" of April 21, 2025 at 12:15 PM**

Welcome and good to hear we are approved by Deepseek!

I've never heard of Barrio - do you have any links to recommend to read about him?

---

### **Post by "Cassius" of April 21, 2025 at 12:20 PM**

FYI -

Chatgpt:

You said:

Who is Fabian Barrio and what are his views of Epicurus?

ChatGPT said:

Fabián C. Barrio is a Spanish philosopher and content creator recognized for his engaging discussions on philosophy through his YouTube channel. He frequently explores classical philosophical themes, making them accessible to a broader audience.[YouTube+1](#)[YouTube+1](#)

Barrio has expressed a particular interest in Epicurean philosophy. In his video titled "Más Epicuro y menos Armani," he advocates for a lifestyle aligned with Epicurean principles, emphasizing the pursuit of simple pleasures and inner peace over materialistic endeavors. He suggests that embracing such values can lead to a more fulfilling life.[YouTube](#)

In another presentation, Barrio imagines a dialogue between Epicurus and Elon Musk, contrasting Epicurean ideals with contemporary ambitions. This creative approach highlights the relevance of ancient philosophical teachings in modern contexts.

Through his work, Barrio underscores the enduring significance of Epicurean thought, encouraging a reevaluation of modern values in light of ancient wisdom.

---

## Post by “vlasalv” of April 21, 2025 at 12:33 PM

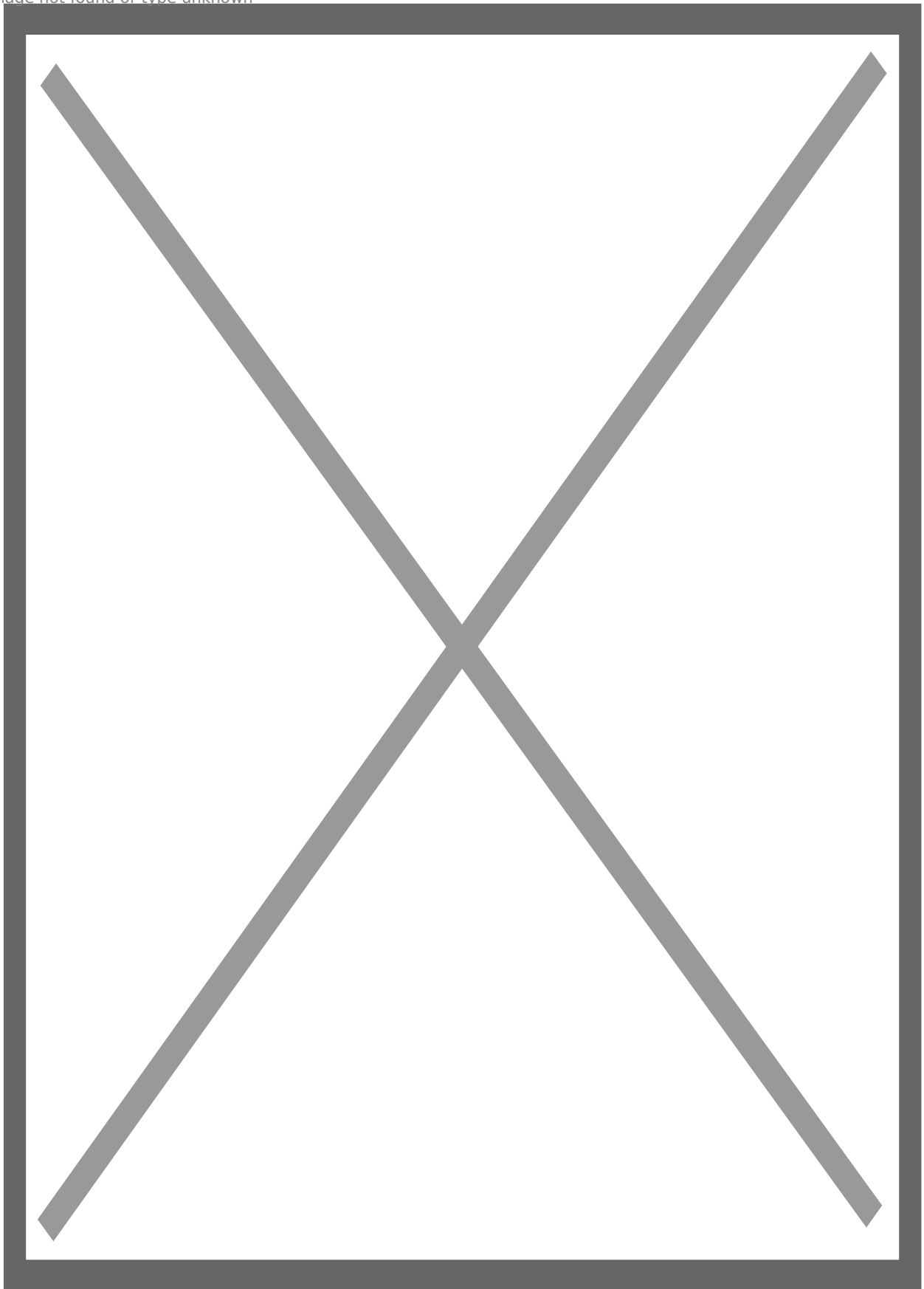
**Book:** *Usted Se Encuentra Aquí* by Fabián C. Barrio

[Mi nuevo libro ya está aquí – Fabián C. Barrio – Página personal](#)

No English translation yet, I think.

Barrio also has a **YouTube channel** (Spanish only):

Image not found or type unknown



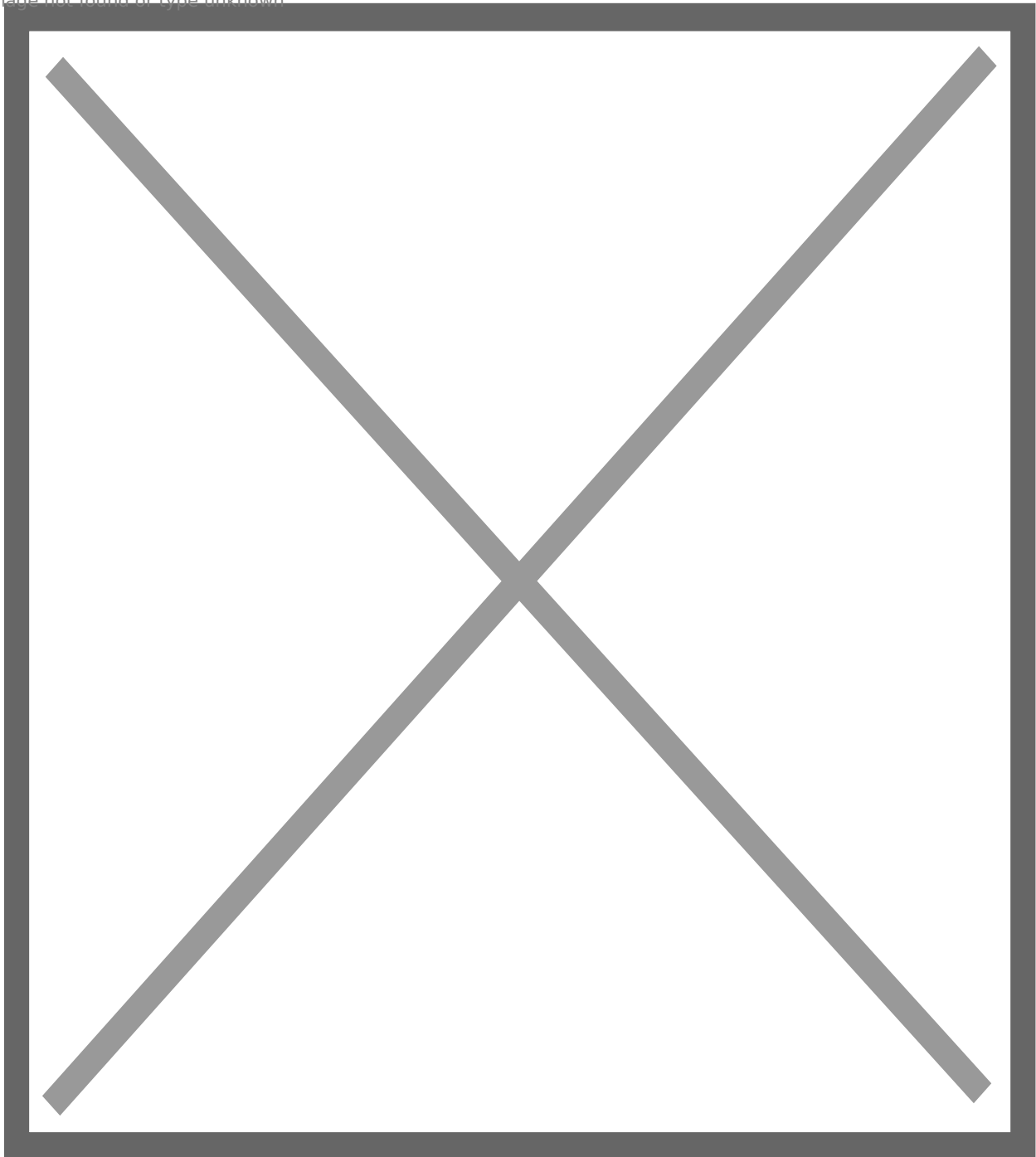
[Fabián C. Barrio](#)

Una digna mezcla de Paulo Coelho, el cuñado de la barra del bar, y Torbe. El viejo lesbiano que chilla encaramado en su roca en mitad del mar. El fachirulo...

[www.youtube.com](http://www.youtube.com)

Good video on **Epicurus**:

Image not found or type unknown



[De cómo Epicuro puede aliviar tu miedo a la muerte](#)

<https://www.epicureanfriends.com/thread/4412-welcome-vlasalv/>

La carta a Meneceo es un breve documento en el que Epicuro resume su filosofía en cuatro prescripciones destinadas a guiar el alma a superar los cuatro temor...

[www.youtube.com](http://www.youtube.com)

---

### **Post by “Martin” of April 22, 2025 at 1:50 AM**

Welcome Vlas!

---

### **Post by “Kalosyni” of April 22, 2025 at 8:25 AM**

Welcome to the forum @vlasalv 😊

You might enjoy these Youtube videos:

Bread and Water - Debunking the Idea of Epicurean Asceticism

<https://m.youtube.com/watch?v=NYyjUkkC1fk>

and

Cassius' Epicurean philosophy overview video:

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