

# 7 Weeks With Epicurus: Self-Paced Online Program Combined with Zoom Meeting in Final Week

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Online self-paced Philosophy of Epicurus study program, with Zoom meeting concluding the final week.

This project is currently under development, and in the brainstorming stages. Future updates will be forthcoming.

This program likely won't run until early Spring of 2024.

## 1. The Philosophy of Epicurus - 7 Week Online Course

Join EpicureanFriends.com for a seven week study course on the philosophy of Epicurus. This is a self-paced program which will introduce you to the basics of the [classical Epicurean philosophy](#) and provide opportunities for contemplation as well as guidance for practical applications of the philosophy to modern life. Each week, for seven weeks, a new lesson will be delivered to your email, and during the seventh week we will hold a special Zoom meeting for all program participants for Q&A and discussion.

Epicureanism is a complete worldview which answers existential questions such as: What is the nature of the world? What is the nature of the soul? How do we make choices in our lives when a creator god is not involved in the world? It explains how [pleasure is the guide of life](#), gives guidance as to how to live the best life as a life of pleasure, and how to overcome the fear of death. It upholds prudence for making good choices and avoidances. It gives a clear and direct answer on how to live a better, healthier, and happier life.

Week 1 - Epicurus and the Garden, Epicurean Historical Figures, and Extant Epicurean Texts

An overview of the historical context of Epicurus and the Garden, including historical figures and texts within the Epicurean movement.

Week 2 - Understanding the Nature of Things: Epicurean Physics and Canonics

An overview of the underpinnings of the Epicurean worldview as it is found in De Rerum Natura and two of Epicurus' letters.

Week 3 - The Non-Involvement and Non-Supernatural Nature of God(s), No Afterlife, No Fate, and the Nature of the Soul and Death

Take a deep dive into existential contemplations as we explore the ancient Epicurean beliefs about the nature of the gods, the soul, and death. No fate and no afterlife means that we need to take responsibility for making this life the very best it can be.

Week 4 - [Pleasure is the Guide of Life](#)

Pleasure is the starting point of the motivation that nature gave to humans and every animal at birth. Pleasure is the goal to which we aim, and we must also understand the nature of pain, so that we can wisely implement choices and avoidances which lead to the best outcomes. Discover the deeper meaning of pleasure within Epicurean philosophy and this understanding can help you live the best life.

#### Week 5 - Justice and the Role of Virtue as a Tool

We choose our actions wisely because of the goal of pleasure, and not because we are holding to abstract ideas of "right and wrong", or duty toward religion or cultural norms. Virtue is chosen according to Epicurean principles, and as a means for the health and happiness of the body and the soul.

#### Week 6 - Friendship, Community, and Blissful Living

The importance of friendship and community. "So practice these and similar things day and night, by yourself and with a like-minded friend, and you will never be disturbed whether waking or sleeping, and you will live as a god among men: for a man who lives in the midst of immortal goods is unlike a merely mortal being." - Letter to Menoeceus.

#### Week 7 - Recap, Practice, and Zoom Discussion

A recap of the big picture and further discussion on practical applications in a group Zoom discussion. Time for Q&A with the forum administrator of the EpicureanFriends.com forum.