

14th PANHELLENIC SYMPOSIUM OF EPICUREAN PHILOSOPHY

17-18 February 2024 - Cultural Center of Pallini, Athens, Greece

Co-Organization:

Friends of Epicurean Philosophy

"Garden of Athens", "Garden of Thessalonica"

and Municipality of Pallini

Under the Auspices of the Prefecture of Attica

Report on the 14th Panhellenic Symposium of Epicurean Philosophy

Information: www.epicuros.gr

A short report

In today's age of ongoing socio-economic crisis, brutal wars, intense religious fanaticism and imminent environmental threats, a top-of-the-world cultural event, the 14th Panhellenic Symposium of Epicurean Philosophy took place on the weekend of 17-18 February 2024 with the participation of about five hundred Greeks inspired by the enlightening and humanistic philosophy of Epicurus. This is a unique philosophical conference, as it is the only one organized worldwide dedicated exclusively to Epicurean philosophy. It is also the largest national philosophical conference and the only one in Greece that has been established since 2011 as an institution from the people rather than from the university philosophers. It is organized annually with free entrance for the public by the Municipality of Pallini and the Friends of Epicurean Philosophy "Garden of Athens" and "Garden of Thessalonica" at the Cultural Center of Gerakas, located within the ancient area of Gargettus, from which the philosopher Epicurus originated from.

This year's holding of the Panhellenic Symposium of Epicurean Philosophy is an anniversary, as it coincides with the 2330 years since the founding of the school of Epicurus, the Garden of Athens, in 306 BCE. The Hellenistic era, in which Epicurus lived, has many features in common with the modern age of globalization. As at that time Hellenic culture had spread in three continents throughout the Ecumene, the theatrical behavior of kings and their courtiers became a component of public life with the aim of impressing the crowds, there was an abundance of subjective opinions and rhetorical chatter, a great deal of commercial activity that created unnecessary desires, many philosophical views including skepticism about everything, many religious and mythological beliefs, as well as intense political and military confrontations. Epicurus faced all the conflicting trends of his time with extraordinary sobriety. He realized that life does not need empty beliefs but tranquility, so an empirical methodology of knowledge with criteria of truth, based on the objective observation of Nature and free thinking, was needed. The enlightener Epicurus generously imparted his way of thinking and knowledge to many, offering each man the opportunity to choose to live a blissful life by freeing his mind from foolish verbiage, supernatural fictions, irrational superstition, empty ideologies and mental imbalance.

For the fourteenth consecutive year, the Greek society will be given the opportunity to come into contact with the scientific humanism of the philosophy of Epicurus, which offers a timeless mental shield against psychological, social and cultural deadlocks, in the simplest yet most appropriate way of approach of a blissful life, with prudence, virtue, friendship and solidarity, even in difficult times. The organization of the Panhellenic Symposium with free admission for the public is our own contribution to the search for the psychophysical health and well-being of every human being.

With a friendly disposition

The Friends of Epicurean Philosophy

Program

Saturday, February 17, 2024

THE TIMELESS MESSAGE OF EPICURUS

15.30-16.30 Attendance – Optional Registrations

16.30-17.00 **OPENING**

Opening Proclamation Christos Aidonis, Mayor of Pallini

Regards Evangelia Pitsikali, Representative of "Garden of Athens"
Nikos Grekousis, Representative of "Garden of Thessalonica"
Representatives of "Gardens" of Greece and Cyprus
International Friends of Epicurean Philosophy
Message from Hiram Crespo (USA),
Message from Michele Pinto (Italy)

True Glory and the Garden of Epicurus *Dramatic reading*

(Seneca, Letter to Lucilius XXI – Translated by Leonidas Alexandridis)

Theodora Siarkou, Actress, Appointed Advisor for Culture, Historical Promotion and Tourism Development of the Municipality of Pallini

17.00-17.45 **A. 2330 YEARS SINCE THE ESTABLISHMENT OF EPICURUS' GARDEN**

Presidium: Leonidas Alexandridis – Dimitris Liarmakopoulos

The Garden of Epicurus in antiquity

Panagiotis Panagiotopoulos

Contemporary Garden of Thessalonica

Antonis Bilisis

Contemporary Garden of Athens

Christos Yapijakis

17.45-18.10 *Break – Poster presentations*

18.10-18.30 **"Death does not concern us"** *Theatrical event*
(From the work "A Happy Greek" by Christos Yapijakis)

Director: Giorgos Stavrianidis

Actors: Giorgos Stavrianidis, Yiannis Monos

18.30-20.00 **B. ETHICS AND LIFESTYLE ADVICE**

Chair: Christos Yapijakis – Antonis Bilisis

The human brain and the Epicurean Canon

George Chrousos

Epicurean Ethics today

Dimitris Liarmakopoulos

Epicurean Philosophy and modern Positive Psychology

Anna Pagoropoulou

The relationship between moral code and nature from Epicurus to the present day

Dimitris Christakis

Lucretius, Advocate of Art, Philosophy and Science

Theodoros Papagelis

20.00-20.30 **DISCUSSION**

Chair: Christos Yapijakis – Antonis Bilisis

21.00 **Banquet in a Tavern**

Sunday, February 18, 2024

EPICUREAN PHILOSOPHY FROM ANCIENT TIMES TO THE PRESENT

10.00-10.30 **C. SUPPORTING INFLUENCES ON THE ENLIGHTENMENT**

Chair: Panagiotis Giavis – Nikos Grekousis

Helvetius – Holbach

Evangelia Pitsikalis

La Mettrie

Leonidas Alexandridis

10.30-11.30 **D. EPICUREAN APPROACHES OF THE MODERN ERA**

Chair: Panagiotis Panagiotopoulos - Dimitris Liarmakopoulos

The role of team and cooperation in Epicurean philosophy and in modern times

Stratis Katakos

Epicurean view of human nature and condition

George Gonis

The empty speech of that philosopher, which no human passion cures:

The philosophical origins of modern Cognitive Behavioral Therapy

Konstantinos Marios Zafeiropoulos

Epicurean approach to Education

Antonis Bilisis

The Atoms in the Letter to Herodotus - Correlations with Modern Physics

Anastasios Liolios

11.30-12.00 *Break – Poster presentations*

12.00-12.15 ***Musical Pleasure*** *Francesco Bertels*

12.15-13.00 **E. EPICUREAN LIFESTYLE**

Chair: Christos Yapijakis – Antonis Bilisis

The theological elements of Epicurean Philosophy

Ioannis Avaris Kosmogiannis

Friendship as alternative politics according to Epicurus

George Iliopoulos

PA9. Epicurean cure for the fear of death

Konstantina Gavala

14.00-14.30 **DISCUSSION**

POSTER PRESENTATIONS

EA1. Criticism of idealist misinterpretations of Epicurean philosophy: Examples of an eclectic and a neoplatonic book

Christos Yapijakis

EA2. Death in Epicurean philosophy

Ioannis Avaris Kosmogiannis

EA3. Comparison of Cynic and Epicurean philosophy

Efthimios Koliokotsis