Parmenides channeled (for the Goddess, Persephone), discovered, invented, or was the first to teach or use the following. Some of these overlap. Some of the names (e.g., ex nihilo, ontology) were given to his discoveries long after he died.

1. Logic.
   a. "It is necessary to say and think that Being is and not-being is not." (Two fragments paraphrased and cobbled together.)
   b. Note the use of "atomic" or self-evident propositions, like the use of axioms in geometry.
      i. "Atomic": Cannot be broken down into smaller segments.
      ii. Logic is the combining of atomic/self-evident propositions so that they clearly infer important truths.
         1. E.g., from the atomic statements Being is and not-being is not, you can fairly easily infer the impossibility of motion/change, and the impossibility of separate things, etc.

2. Ontology.
   a. The study of Being as such (aletheia).
   b. As opposed to the study of individual things, individual beings (doxa).

3. Reality is one, because not-being is unthinkable, so therefore motion and separation are impossible.

4. Argued for his philosophical views, didn't just assert them.
   a. I.e., the goddess (Persephone) in his poem argued for them.

5. That the epistemology of Being is based on:
   a. Mental and physical stillness (incubation, meditation—he learned this from Ameinias) and
      i. Compare Tao Te Ching 14: "You can't know it [Tao, Being] but you can be it." Being is perfectly still, and you can know it by being still, by being like it. This is unitive, as opposed to objective, knowledge.
   b. Logic.

6. "That which is for thinking, is Being."
   a. Reality is thinkable. That doesn't mean we humans are thinking all of reality.
      i. I.e., reality or Being is infinite, but the totality of human thought is finite.
   b. That means even the illusion is real! Even the belief in what is impossible (motion, change, separation) is real, because people think it.
      i. I.e., motion and separation are real illusions.

7. The distinction between necessary (or analytic) and contingent (or synthetic) propositions.
a. This distinction and its value for philosophy would be rediscovered by Leibniz (see textbook page 191).

b. Examples:
   i. Necessary propositions: Being is. The bachelor is single.
   ii. Contingent propositions: The world is a sphere. The Ford is blue.

8. The Two Ways:
   1. Truth (i.e., certainty)--aletheia.
   2. Opinion (i.e., probability, belief, guess)--doxa.

   a. This distinction closely parallels the necessary/contingent propositions distinction.
   b. Note that this means that even today's strict science is doxa.
   c. Compare "two ways" to Nagarjuna (Buddhist philosopher)'s "two truths."

9. That the deepest and most important knowledge is a remembering, rather than learning something new.
   a. Hence "aletheia," from a = not, lethe = the river of forgetting in Hades.
      i. Aletheia = unforgetting.

10. That the earth is spherical.
    a. This understanding came from his own people, the Phocaean mariners who had sailed from Marseilles up to Greenland and down to the Equator.
    b. The Phocaeans had founded Marseilles (they called it Massalia) in 600 BCE, and from there went to southern Italy and founded Elia (or "Velia" in Latin and Italian).
    c. So Parmenides' claim the earth is a sphere is empirical (based on evidence) and not speculative.

11. Principle of Ex nihil (or Ex nihil, nihil, or Ex nihil, nihil fit).

12. Showed that on logical grounds change is impossible and that therefore the world of change is a world of illusion and appearances.
    a. Reality is right here and now, and is not extended in time and space.

13. Showed that the highest and most important knowledge comes from a higher source, from the gods, not from the human mind.
    a. Empedocles stressed this too.
    b. Anaxagoras, after Parmenides and Empedocles, emphasized nous, sort of an anthropomorphization of the human mind.

14. Showed that reality is formless, and that what has form (objects in time and space) is unreal.

15. There is no transcendence, no "other world."
    a. The only reality that is, is right here and now.

16. The three "Eliatics."
    a. Parmenides, founder of the school of Elia.
    b. Zeno of Elia, his adopted son per the cult of Apollo.
       1. Showed how simple math proved motion is impossible.
       2. Practiced "the Parmenidean way of life," and gave his life helping another city state fight a tyrant.
    c. Admiral Melissus of Samos (not from Elia but advocated the Eliatic philosophy).
       1. Clarified some of Parmenides' teachings.