

Welcome Ayraj!

Post by “Kalosyni” of December 17, 2021 at 9:37 PM

Welcome ayraj and thanks for sharing!

[Quote from ayraj](#)

I'm also interested in any rituals or "best practices" anyone has for making Epicureanism a part of everyday life

My own practice is when I wake up (or in the early part of the morning) I think about what I will do that day to bring in joyful, pleasant experiences...actions or activities that bring cheer, pleasure, and well-being.

Also, I see my study of Epicureanism as an enjoyable practice. I feel that there are many layers to understanding the philosophy, and it takes time for it to develop.

I am sure others might have more to say about personal rituals.