

# Epicurean substitute for prayer

Post by “Pacatus” of November 12, 2022 at 4:51 PM

[Kalosyni](#)

In the plain prayer of breathing –

life-giving pleasure of breath,

I [we] give thanks – and rest.

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For me, the best prayers are brief: easy to remember. And brevity poetry (like haiku) is deceptively hard.

This one could preface a period (perhaps just a few moments) of silent prayer/meditation, focusing on the *pleasure* of your breathing (an Epicurean spin on breathing meditation), returning to that as unwanted thoughts intrude.

The Trappist tradition of contemplative “centering prayer” uses a simple “sacred word” – not like a mantra, but simply to return to silent-mind prayer when thoughts arise. One would enunciate the word slowly. One could use an “Epicurean” word like *hedone*. Or *pneuma*, which can mean breath as well as spirit or soul. Or *eudaimonia*. (Just notions that came quickly.)

I’ll keep thinking ...