

Friday Night Epicurean Happy Hour Zoom

Post by "Cassius" of December 2, 2022 at 4:28 AM

Bumping this thread as a reminder that the first session Kalosyni is putting together is tonight (Friday December 2nd). If you're interested in attending please let us know. Kalosyni has put a lot of preparation time into this but it's the first we've done and like most things here it is still experimental so we will appreciate your participation and ideas for further such events in the future.

One thing I personally would like to see too would be an expansion of the chart in post 13 above with so we could add sample "therapies" that fit under each category.

In other words I see the basic organization of a chart as divided up into sort of "areas of life" where the columns list (1) the area of life, then (2) a description of healthy functioning in that area, then (3) a description of misfires or less healthy functioning / pitfalls, then (4) references to texts cites that deal with the issue, and then (5) a final column for suggested "techniques" or "therapies" that apply to that area of functioning.

If discussion during the happy hour lags I could see it being productive to throw out for discussion ideas on how such a chart could be developed further.