

# Living off the land

**Post by “HsiehKW” of July 26, 2023 at 4:48 PM**

Thanks for sharing! I'm quite interested not in just understanding the teachings better but also in how it is practiced and lived by others. I must admit that I have that propensity to be ascetic in terms of clothes and just be away from the crowd in general. But not to achieve some virtue but it's just quite comfortable for me and I simply don't like being in public too often. It's too much pain sometimes. In terms of food, I have been quite extravagant by local standards. I wish to correct that as I think it won't bring me much pleasure in the long run, considering I'm a new parent. Now that it was brought up, I think it's clearer to be now that looking for that "rich simplicity".

Also, I'm curious. Correct me if I'm wrong. I think a close community can be very helpful to practice. For me, I think this forum is a great way to compensate for the lack of face-to-face fellowship and the opportunity to learn from others, especially from those who have been at it longer, have some mastery, and exhibit impressive scholarship. But I wonder if any of us here have a sort of close community of Epicurean friends nearby, how that helps, and any tips on how you go about it if you are without such.