

# **Epicureanism as the spiritual essence or 'religion' of an entire community**

**Post by “Godfrey” of February 9, 2024 at 6:22 PM**

For me, the larger issue here is how to precisely define the terms "religion" and "spirituality" so that we can be sure that we're not talking past each other. This is perhaps more of a practical than theoretical issue.

Does spirituality imply a spirit separate from the body? Does it imply a god? Does it relate to one's mental well-being, without any supernatural implications? In the larger populace outside of this forum, it seems to depend on who you're talking to. And we all (I presume) have spent far more of our years outside of this forum than inside, thus we have a variety of preconceptions of what spirituality actually is.

Personally, I would begin to define spirituality as "connectedness" and perhaps (or perhaps leading to) mental well-being. Having written this, I see that "connectedness" may get to the heart of the lack of clarity: connected to what? For me, I would say connected to nature and its grandeur, to community, to family, to an understanding of my place in the cosmos. With the explicit exclusion of any supernatural or mystical realms.

Does this definition make sense to anyone else? Am I missing something major? Does it need fine-tuning?