

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

**Post by “Godfrey” of February 9, 2024 at 9:34 PM**

For me, reclaiming words such as "spiritual" is a valuable exercise. There is much to be gained, I think, from spiritual and religious practices. I certainly can do so on my own, with my own conceptions, but discussing these subjects in a community such as this has the potential to add a degree of richness to the ideas that I might not come up with on my own. There are also genuine differences, I'm quite sure, between what I've come up with for myself and what others have done. We may not all agree on our interpretations, yet we can all learn from the differences, one can hope.

So when I ask questions about the meaning of words, or post in general, I do so not to stir the pot but out of genuine curiosity. If I have nothing constructive to say, I don't post (well, at least not knowingly; I'm sure I have my share of useless posts 🙄).

Happy Friday all!