

Daily Reflection from an Epicurean View

Post by “Chryso” of April 2, 2024 at 12:11 AM

Hello all, Peace and Safety. I am new to this site; well, I have browsed a few times before, but newly a member. I have been following Epicureanism for about a year now after discovering Stoicism just wasn't for me. My collegiate career has brought me into a course on Stoicism since they lack a course of Epicureanism. To my pleasant surprise, Epicureanism is referenced in nearly every topic and lesson. This week we have to charge of daily reflections. Part of the reflections is to ask oneself questions about their day and their performance and progress. I have read Epictetus's and Seneca's outlines but am curious if there were or could be Epicurean-specific reflection topics that wouldn't already be covered by the seemingly generic question from Epictetus or Seneca. I appreciate any feedback and I look forward to interacting with this community. Peace and Safety.