

Daily life of ancient Epicureans / 21st Century Epicureans

Post by "Cassius" of May 22, 2025 at 8:04 AM

I don't think of myself as having particular structure, but in my case I am pretty much constantly working with this website and reading and studying the texts and thinking of new ways to present it and talking to people about it. I suspect that the normal days of Lucretius or Diogenes of Oinoanda or Philodemus would have been pretty similar. The word "ritual" evokes a lot of both positive and negative connotations given the way we think of rituals working in the standard supernatural religions, and I tend to avoid those personally.

The most on-point advise that I recall is:

[VS41](#). We must laugh and philosophize at the same time, and do our household duties, and employ our other faculties, and never cease proclaiming the sayings of the true philosophy.

To me, this kind of approach means that *everything* you do is folded into the master plan of living happily according to Epicurus' worldview, but on the other hand almost *nothing* you do is hard-wired to a particular absolute "ritual," because that's not the way life is - you're always adjusting to circumstances to produce the best result. You're either living by Epicurean ideas consciously and intentionally moment by moment, or during those deviations you're not really living by Epicurean ideas at all, no matter what "ritual" you might be engaged in.