

Daily life of ancient Epicureans / 21st Century Epicureans

Post by “Robert” of May 22, 2025 at 11:51 PM

Thank you all for your responses! I notice a common theme among them: Epicurean practice involves studying/contemplating/understanding the teachings and then applying them to the various life situations we encounter. A cognitive-behavioral approach, if you will.

For context, two things prompted my question. Firstly, I was thinking about Epicurean communities and what these would have been like on a day-to-day basis. Communities often have a shared set of practices (which give some structure to the community), so I wondered if this was true of the Garden and its successors.

Secondly, I was reading Voula Tsouna's chapter on Epicurean "therapies" (in her book on the ethics of Philodemus), which got me thinking about how we might view Epicureanism as a set of practices, as opposed to (simply) a set of views.

[@Eikadistes](#), I'm reminded of this distinction when you write that Epicurean teachings aren't "passing curiosities" but "practical guidance so we can confidently respond to the obstacles that characterize daily life." Also, your comments on memorization/recitation dovetail with what I just read in Sorabji's chapter (in *Emotion and Peace of Mind*) on Hellenistic spiritual exercises, as well as Hadot's discussion of same (in *Philosophy as a Way of Life*). Both authors point to memorization as a characteristic Epicurean practice.