

Your Experience with Philosophical and Practical Contemplations Through the Lens of Epicurean Philosophy

Post by “Pacatus” of June 26, 2026 at 1:19 PM

Just in terms of contemplation tools, I conjured up, over time, this virtual version of a Roman lararium (a home shrine). The central figure is my paternal grandmother, Mae, flanked by images of Epicurus (Mae is likely the most Epicurean person I’ve known, and somewhat of a personal hero to me). The face at the bottom left is my “fractured” self. The rest is symbols and phrases that have some personal connection/meaning – they might not all be strictly Epicurean, but I think they mostly are. It’s all in Latin except for the *Ἡδονή - Ἀρμονία - Ἐὐδαιμονία* formula. At the moment, I have it set as my wallpaper, so it's the first thing I see when I open my Chromebook. 😊

