

# Epicurean substitute for prayer

Post by "Cassius" of September 4, 2020 at 5:57 PM

I was looking over this thread again and I keep coming back to Thomas Jefferson here:

## [Quote from Cassius](#)

'I feel: therefore I exist.' I feel bodies which are not myself: there are other existencies then. I call them matter. I feel them changing place. This gives me motion. Where there is an absence of matter, I call it void, or nothing, or immaterial space. On the basis of sensation, of matter and motion, we may erect the fabric of all the certainties we can have or need.

Seems to me that he must have given a lot of thought to exactly the question Camotero is asking - that of coming up with a pithy summary to serve in his words as his *habitual anodyne* - ("**I was obliged to recur ultimately to my habitual anodyne...**")

Seems to me that he did a pretty good job of summing up the essentials of Epicurean physics, or maybe we should think of it as a *perspective* on physics, a combination of physics and epistemology, which he's correct to observe is the basis on which everything else rests.

Over time others can and will do better, and do it in more modern and elegant phrasing, but I do think this general direction is the right one. When you're questioning everything about your life, or when you're just trying to dig back to "what should my starting point be?" it seems to me this is pretty darn close.