

## **I'm back.....:-)**

**Post by "Martin" of November 13, 2020 at 9:51 AM**

The practices do not need to be necessarily traceable to Epicurus or be logically derived from EP. If they work and are compatible, that is good enough. Not each of them will work for every Epicurean.

Here are some suggestions:

For me, occasional meditation for up to one hour guided by a Buddhist monk works fine, whether on radio, from CD or live. For some Epicureans, it might be counterproductive.

Occasional daydreaming as the simplest form of meditation is fine, too.

Running several kilometers at least twice a week boosts motivation to take action toward pleasure.

Doing something together with friends increases pleasure compared to only doing my own things.