

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

Post by "Susan Hill" of November 14, 2020 at 6:10 AM

[Quote from Don](#)

[Quote from Susan Hill](#)

[Quote from Don](#)

Oh, I would include myself in the class of "looking for an Epicurean practice." I find myself reciting the Tetracharmakos to myself to time hand washing, waiting in an elevator, etc. I also think mindfulness has a place in Epicureanism.

I apologize, Don. I didn't mean to suggest that I was the only one with a desire to have Epicurean practices. I was thinking of things like practicing piety, worship, meditating on the gods, receiving "images" of them, and trying to emulate them.