

Daily Reflection from an Epicurean View

Post by “Chryso” of April 2, 2024 at 12:11 AM

Hello all, Peace and Safety. I am new to this site; well, I have browsed a few times before, but newly a member. I have been following Epicureanism for about a year now after discovering Stoicism just wasn't for me. My collegiate career has brought me into a course on Stoicism since they lack a course of Epicureanism. To my pleasant surprise, Epicureanism is referenced in nearly every topic and lesson. This week we have to charge of daily reflections. Part of the reflections is to ask oneself questions about their day and their performance and progress. I have read Epictetus's and Seneca's outlines but am curious if there were or could be Epicurean-specific reflection topics that wouldn't already be covered by the seemingly generic question from Epictetus or Seneca. I appreciate any feedback and I look forward to interacting with this community. Peace and Safety.

Post by “Godfrey” of April 2, 2024 at 12:34 AM

One reflection which probably wouldn't find its way into Epictetus' or Seneca's lists is to think back on the pleasant things you experienced today. These could include big things, accomplishments, brief moments....

Building memories of pleasures is useful for bringing to mind when things aren't going well. It's also useful because the more you do it, the more you appreciate joyful moments throughout the day as they happen. As you reflect on specific experiences of pleasure, you can also examine what made them pleasurable to you, and relate these experiences to Epicurus' categories of desires and PDs dealing with pleasure.

Post by “Godfrey” of April 2, 2024 at 1:43 AM

BTW it's nice to hear that the Epicureans are at least getting a frequent mention!

Post by “Chryso” of April 2, 2024 at 7:12 PM

[Quote from Godfrey](#)

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This is a great recommendation and simple addition to daily reflections. Thank you. My wife asks me a similar question fairly regularly, "What did you enjoy about today?" Reframing it in terms of pleasure sound simpler to me and easier to note the small things that can add up. I appreciate the response.

Post by “Chryso” of April 2, 2024 at 7:14 PM

[Quote from Godfrey](#)

BTW it's nice to hear that the Epicureans are at least getting a frequent mention!

I knew they would be spoken about as a rival school, but I am glad they are getting a regular minor focus. I feel it's the next best thing since Epicureanism didn't have a course of its own as of yet.

Post by “Don” of April 2, 2024 at 8:23 PM

You may want to check out this thread:

epicureanfriends.com/thread/3096/

Post by “Chryso” of April 2, 2024 at 8:56 PM

[Quote from Don](#)

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epicureanfriends.com/thread/3096/

I appreciate you linking of this thread. Seeing examples of the small pleasures is helping me remind me of those which I may have overlooked over the course of the day.