

Practicing Epicureanism

Post by “Martin” of August 2, 2018 at 11:51 AM

Examples how to “practice” Epicureanism on a daily basis are:

- Consciously apply hedonic calculus in decisions what spare time activities to do and what to buy, eat or drink
- Unless you are already overwhelmed with invitations from friends, ask friends to meet
- Try making friends with people who you regularly encounter and avoid making enemies
- Pay attention when you get increasingly angry about somebody or something, analyze the reasons and do not foster that anger further. Instead, just acknowledge that you got angry and get over it by focusing on something else, e.g. work, activities toward pleasure or recalling good memories. (If the rationale that anger is usually detrimental to pleasure is not enough and you find it difficult to wind down upcoming anger early, Buddhist wisdom traditions provide good techniques which are compatible with Epicurus' philosophy if you just apply the techniques and ignore the false metaphysics and other dead ends of Buddhism like killing off desire with some imaginary state of selflessness.)
- Focus on enjoying what you have already and do not let your desire for what you not (yet) have spoil that joy
- Do not take meals for granted as a subconscious side activity but consciously indulge in the pleasure which comes with eating. (Paradoxically, this may help limiting the food intake to a healthy amount).