

Practicing Epicureanism

Post by “Hiram” of August 2, 2018 at 12:24 PM

In my book [Tending the Epicurean Garden](#) I discuss many ideas on planning and developing your hedonic regimen. These include laughter therapy, exercise, love-making, cooking and eating. I also delve into research on contemplation and meditation. I may expand that if there's ever a new edition, adding elements of the Nordic hygge lifestyle.

The Cyrenaics had a practice known as "[presentism](#)" which was zen-like and involved being fully present for the pleasures made available by nature in the moment. But Epicurus expanded this. The sanctioned practices in our sources include reminiscing about past pleasures and anticipating future ones.

The Epicureans also engaged in memorization / repetition of key teachings so that they would "become strong" in the psyche, and had other therapeutic practices (in the scroll [on anger](#), Philodemus discusses "seeing before your eyes", for instance).

Also, hanging out with friends and enjoying friendship and familiarity with others is one of the most important and easiest sources of pleasure.