

# Recommendations for Happy Living

Post by "Kalosyni" of November 21, 2021 at 3:08 PM

Quote

A Call to Joyous Epicurean Living

Rejoice in the joys of the spirit. Rise up and dance! For the spirit keeps safe the seat of wisdom. Partake in the joys of the body often and with prudence. For the spirit animates the body and it knows the wisest way to enjoy living.

As the ancient song of Seiklos says: "While you live, shine! Have no grief at all. Life exists only for a short while, and time demands its due."

The spirit does not live forever, as some may believe. For it only comes to animate the flesh just as heat comes from a burning fire. And when the heat of the body dissipates, so too does the spirit.

And just as a kernel of wheat ripens, so too the spirit ripens with experience of wisdom. Even in the midst of a feast of pleasure, you must always hold pain in its proper place, or you will lose the benefit of its guidance. For pain always guides one who makes foolish mistakes. By pain we learn what to avoid, and by pain we learn wisdom. A life of joy takes no pride in pain or the endurance of painful over-indulgences. Instead, a life of joy rejoices in the merits of wisdom, the fullness of delight, and the intimacy of uplifting friendship.

<https://epicureanphilosophyblog.blogspot.com/2021/11/joyful-right-living.html>

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