

# Welcome Ayraj!

Post by "Don" of December 18, 2021 at 6:55 AM

## [Quote from ayraj](#)

My goal is to learn more from the primary writings, to read posts from others, and to learn to be an Epicurean. Because I've left a faith tradition, I'm also interested in any rituals or "best practices" anyone has for making Epicureanism a part of everyday life - kind of like how Christians pray, Buddhists meditate, or there are holidays to commemorate important holy days, etc., or even something simple like a home altar to reflect at. Not sure how much is in the purview of the Classical Epicurean perspective, but I truly am interested in being a student of Epicurus, Epicureanism, and in becoming a "devout" so-to-speak Epicurean.

Greetings, [ayraj](#) ! Thank you for sharing your background. I, too, find it an interesting exercise to look for "any rituals or "best practices" anyone has for making Epicureanism a part of everyday life." I need to go back and re-read (it's been awhile) The Ethics of Philodemus by Dr. Voula Tsouna, but there are some interesting practices that she talks about including "setting-before-the-eyes" to counteract or address one's anger (or other negative or harmful emotions). To me, the practice sounds like a vivid visualization in one's mind to really "see" the results of that emotion before one engages in it. That's a Cliffs Notes version.

The closest I've come to any daily or regular practice is to recite the Tetrapharmakos in ancient Greek to myself to try to keep the "basics" in mind. And made myself a keychain with SFOTSE (Sic fac omnia tamquam spectet Epicurus) which is (from Seneca's letters XXV.5) and means "Do all things as if Epicurus were watching." Sort of an Epicurean "WWJD: What would Jesus do."



As far as a home "altar," there is every precedent for having a bust of Epicurus. There are numerous files online for printing a small 3-D bust. I keep meaning to do this. Or maybe just a picture.

So, welcome to this little corner of the Epicurean internet! I look forward to reading any discoveries you make and questions you might have.