

Meditation and Epicurean Philosophy (?)

Post by "Scott" of January 12, 2022 at 10:18 AM

I'll just echo most of the above thoughts. I use a breathe and focus technique *many* times a day. It relaxes tension, breaks me out of automatic mode and reminds me how pretty much every single moment is an opportunity to enjoy being here. What could be more wonderful than being here? Without "being here", life would be rather less interesting!

