

Intuitive Eating

Post by “Cassius” of January 14, 2022 at 9:44 AM

[Quote from smoothiekiwi](#)

Still, I wouldn't call it inherently Epicurean- many religions and philosophies have rituals and traditions regarding meals. I regard eating your food consciously and with great joy as inherently natural, something which bring us more pleasure in the end. Epicureanism has simply succeeded in noticing natural patterns, in contrast to the other religions out there. Still, thanks for sharing!

I think this is exactly right and a huge point. It is good to have this article for reference because we constantly need reinforcement in living prudently toward a happy life.

But it's also true at the same time that even though Epicurus would maintain that his philosophy is largely just "common sense" applied to observation of nature, that doesn't mean that every activity implementing "common sense" should be claimed to be "Epicurean."

That would almost be what we sense (rightly or wrong) to have been DeWitt's attitude toward Christianity, on steroids -- every observation of commonality between Christianity and Epicurus becomes "aha - there was crosspollination!" And every observation of people having a good time means that they are Epicurean! 😊

It would clearly be wrong to overgeneralize like that, but it would also be wrong to throw up a barrier and say "We will discuss nothing on this forum but the most abstract of philosophy!" 😊 (I know some people probably think that already!)

So that's what we use separate forums and subforums on the site to do -- put things in their proper place where they can be found at the appropriate times.

We are not disembodied minds, nor do we want to be, so we need to experience all sides of life, and I think we will find that we likely have similar approaches to a wide variety of things - even food and other day to day matters.