

Godfrey's Epicurean Outline

Post by "Godfrey" of December 22, 2018 at 8:08 PM

As you can tell, I'm making up the "practice" list as I go so I appreciate the input. What I'm trying to do is to focus the EP ethics into a more specific, personal list of practices - a personal approach to living the philosophy; cultivating an attitude. Maybe this turns into a place to put my goals into an EP context. But you're right that it can't one list for everybody.

Looking at it the list is rather mental but I think it needs to be to some degree as a bridge between the ethics and just living pleasurably and avoiding pain.

I'm having some trouble making the leap from the ideas to living the ideas, so a list feels right for me personally and that's why I've included it here. I'm curious if other people have this issue as well and have come up with any good strategies?

"Throughout each day, periodically pause and notice a pleasant sensation: sight, sound, smell, touch, taste" seems like it hits a sweet spot in some way. I'm finding as I work with it that it helps me to check in often and it also makes me think about how I might plan certain activities in the future that focus on specific sensory pleasures. This might be illustrative of a bridge between ethics and very general pleasure/pain....