

# The attitude to have when working at your Job

Post by "Eoghan Gardiner" of May 6, 2022 at 5:32 AM

41. At one and the same time we must philosophize, laugh, and manage our household and other business, while never ceasing to proclaim the words of true philosophy.

The fact of modern life is that we need to work in order to support ourselves and not many people enjoy their jobs (I for one don't but try to have a good time with my colleagues when at work)

It seems to me the above Vatican saying is the attitude we must have within in order to live a pleasant life at work. As any Irish mother of the past few centuries would tell us managing a household is not easy especially when children are young and so I think we can make a comparison between managing the household which Epicurus speaks about to working a regular job.

For most people, if given the choice they wouldn't go to work as much as they do, especially considering that working your whole life is not a guarantee of security and definitely not a guarantee of a pleasurable life.

How many times have we heard of men and women in their 70s beginning to enjoy retirement and then their natural end has come?

We can't escape work, so we must enjoy work. Epicurus tells us how "philosophise, laugh and proclaim the words of philosophy".

Philosophise: We can always think or have handy near us some sayings of Epicurus, we can read the succulent words and meditate on them and internalise them more and more finally making them our own words. We can keep in mind that our end is pleasure and not worry about what the goodness is but instead we choose goodness which is none other than pleasure.

Laugh: The freedom to laugh freely, is a free pleasure and easily attained. I take Epicurus advice and think back to good times with friends, funny jokes I've heard or just laugh with joy that we are free from the bonds of idealism and abstract notions of what being good is. I can laugh with joy at the fact of being alive.

Proclaim the true words of philosophy: to never cease proclaiming to myself and if the chance arrives to others Epicurus doctrine. To talk about it at any time as it is easy to talk about we don't need to go through countless syllogism but instead we can make talking philosophy what it is supposed to be namely fun.

I'm trying to think of ways and attitudes to apply Epicurus sayings to life.