

Epicurean substitute for prayer

Post by “Don” of November 12, 2022 at 6:07 PM

[Quote from Pacatus](#)

[Quote from Don](#)

That's always been one of my reasons for advocating for the Tetrpharmakos



That is both simple and familiar to an Epicurean. The usual English translations, though, seem more like instructions or rubrics, rather than self-expressive prayer or meditative affirmations. And not everyone will find the Greek either resonant or easy to remember/recite. 🤔

LOL! I'll take that as a challenge to come up with one that's not in the imperative and is more prayer-like 😊