

Epicurean substitute for prayer

Post by “Kalosyni” of November 12, 2022 at 6:09 PM

[Quote from Joshua](#)

I find myself alive in the universe. I know that there is sorrow, and fear, and that life sometimes hurts—but I also know that it is wonderful, really wonderful, sometimes sublime, just to be alive here. There is beauty and delight here that will move me even at my last breath. There is knowledge and philosophy to dull my pains, and to enhance my pleasures. There is friendship, romance, love, art, and literature—all the choicest fruits of a peaceable and prosperous age, in a free and civil society. To say that I am grateful is simply to say that I appreciate it. To appreciate something, and to appreciate the gift of something, are two different things. One who appreciates wine recognizes its worth and its specialness in a deep and penetrating way.

That's what it is to appreciate life and its blessings

I really like this, and maybe will use some of this (if you don't mind [Joshua](#)) to create a kind of prayer.

Also thinking something similarly pithy with regard to "prayer" during illness -- that I remember that slight pains can be endured by adding in pleasure, and extreme pains are only short in duration. (Feeling a little under the weather and once my mind feels a little clearer will dive into this).

And also work on "prayer" addressing anxiety, fear, sadness.