

# Epicurean substitute for prayer

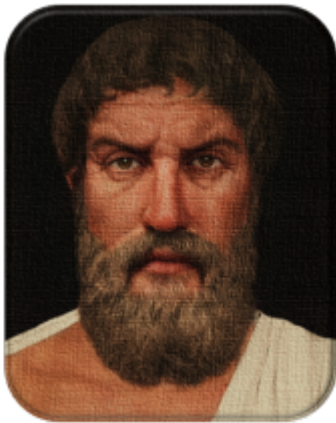
Post by “Pacatus” of November 13, 2022 at 3:05 PM

## Tetrapharmakos Meditation Prayer

Unaffrighted by carefree gods,  
untroubled by unfeeling death –  
humble pleasures proffer delight,  
tranquility becalms travail.

~ ~ ~

By spirit of your Garden blest,  
each today be bountiful fest.



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Another pass (stimulated by Don’s – but not a competition! ☐☐).

Cast in a rough [mixed] tetrameter. I chose “unaffrighted” rather than “unafraid” to avoid any Stoic connotations. “Bountiful fest”: following on “humble pleasures,” trying to convey the notion of “enough is a feast” (one of my wife’s favorite sayings).