

Epicurean substitute for prayer

Post by “Pacatus” of November 18, 2022 at 1:12 PM

At my wife’s request, we started using my attempt at a Tetrpharmicon Prayer/Meditation as a kind of “saying grace” at dinner. I realized that my overburdening wordplay made it quite cumbersome. So I simplified and generalized (still guilty of stretching the wordplay a bit: aiming at rhyme as a mnemonic aid, even if the rhymes have an archaic feel; and quasi-meter – not quite tetrameter, but each eight-syllable line ends with an iamb).

Instead of an “amen” I appended the Spanish “*¡Pura Vida! ¡Salud!*” as a kind of exclamation of good cheer. My wife and I usually toast, especially before a meal, with “*Salud!*” – and “*Pura Vida!*” (Pure Life!) is a popular phrase in Costa Rica, where it is used for everything from “Hello” to a response to the question “How are you doing?” to a cheer (we first were made aware of by the Costa Rican soccer fans some years ago while watching the World Cup on TV, who cheered with it and displayed it on banners).

It’s not quite the Tetrpharmicon, except by implication. I also try to use it in the morning to start the day.

+++++

An Epicurean Prayer Meditation

Unaffrighted by gods or fates,

a happy soul travail abates.

Easy fare makes bountiful fest,

and gratitude a Garden blest.

~ ~ ~

¡Pura Vida! ¡Salud!