

Epicurean substitute for prayer

Post by “Kalosyni” of November 18, 2022 at 1:19 PM

Finally something further came to me for this thread. A work in progress, and maybe more of a meditation rather than a prayer.

Epicurean Prayer for Self-guidance

May I remember to see the future as just as important as the present. May I remember that there is just this one life and to be fully present to it. May I trust that I will find solutions to all my challenges, and skillfully take actions to create my best life.

May I remember that actions of kindness, honesty, and patience especially when faced by challenges, are most likely to lead to better results for long-term happiness.

May I remember to seek out the help of trusted friends even when I think I am doing fine on my own. May I offer help to my trusted friends as an opportunity to strengthen the connection we share.

May I actively seek to find comfort and joy in daily moments of pleasant sensations. May I enjoy all the new things that I am learning about the world. May I remember to do the most important actions to live happily. (this last line, more to be added).