

Living off the land

Post by “Kalosyni” of July 30, 2023 at 7:04 PM

[Quote from Don](#)

...it is not out of the question in my opinion to consider periodic fasting or intervals of caloric restriction to be well within Epicurean practice. I'm not ready to call for either as a regular lifestyle but could easily see the teachers and students of the Garden periodically taking part in these and comparing results with each other. When you pay attention to your feeling of pleasure, is your meal truly satisfying?

The idea occurred to me that I could make the 20th more special if I refrained from sweets for the week or 10 days before the 20th. The modern world makes sweets way too easily available, and so having a sort of "reset" period would make the experience more enjoyable. (It shouldn't be like the Christian Lent, but simply a voluntary individual thing).

[Quote from HsiehKW](#)

I think a close community can be very helpful to practice. For me, I think this forum is a great way to compensate for the lack of face-to-face fellowship and the opportunity to learn from others, especially from those who have been at it longer, have some mastery, and exhibit impressive scholarship. But I wonder if any of us here have a sort of close community of Epicurean friends nearby, how that helps, and any tips on how you go about it if you are without such.

I hope to one day start an in-person Epicurean philosophy group, and it would meet weekly. I need to get some materials together for that still (some hand-outs for reading) and it would be both a study group and a social group. There is the logistical hurdle of deciding where to have the meeting and how to advertise it.