

# **How to live the Epicurean life in today's society (brainstorming an authoritative list)**

**Post by “Eoghan Gardiner” of November 16, 2023 at 10:01 AM**

I find a practice of "lectio divina" on the texts of Epicurus or even some of the in-depth messages here on this forum. Just reading over it slowly, thinking about what it could mean in different circumstances and really having a "conversation" with yourself about the text. For one it keeps EP on the mind. Rather than just a skim reading or reading for knowledge but filling your mind and chewing on the text, one of the only few good practices from Catholicism but it's far older than that.