

Daily Practices

Post by "Godfrey" of April 5, 2019 at 7:56 PM

[Elayne](#), thanks for posting that. This is an interesting thread for the daily nuts and bolts and I'm quite interested to read what other people do.

As to my daily practice, it is very much a work in progress but here is the general idea:

For years, I've kept my weekly planning and to-do lists organized (in a fashion) by categories such as finance, health and fitness, social, work on so on. I recently gave it an "Epicurean" makeover by slightly reorganizing the categories and also grouping the categories by "natural/necessary" and "natural/ not necessary". I don't have a group for not natural/not necessary. 😊 Some categories only changed in name, while other categories got split up and still others eliminated.

For instance "finance" is now "autarky", which is natural/necessary. "Health and fitness" is now "freedom from disease" (natural/necessary) and "fitness" (natural/not necessary). "Spiritual" has become "Practical wisdom" (natural/necessary). This illustrates the general idea, and of course everyone would have different ideas as to their categories and what falls in to natural and necessary or not necessary. In applying this to my entire planning process I found that the end result is a major simplification from what it was originally, and that it now clearly prioritizes and aligns my planning and activities with my philosophy.

On a micro level, I've been working with an "Epicurean" mindfulness practice. I spent several years practicing Zen informally so this kind of comes naturally for me. The minor difference is that as I'm going about my mindfulness I focus on pleasant sensations, whereas in the past what normally has come up for me is unpleasant sensations, blockages, etc. I'm still aware of those, but just go further to notice the pleasantness. Interestingly, it's always there somewhere.