

Daily life of ancient Epicureans / 21st Century Epicureans

Post by “DaveT” of May 22, 2025 at 10:39 AM

Robert, your question makes me wonder how I might incorporate some aspect of Epicurus' general guidance into my daily life.

I interpret what I have learned so far from Epicurus is that he essentially says something like; here's my idea of how people live life to the fullest; pursue happiness and avoid unhappiness. Do this by asking if some activity gives you pleasure (or the promise of pleasure) or does it reduce mental or physical pain (or promise to do so)

Fortunately he didn't lay out rituals, unless it is an admonition to think about the consequences of your natural desires and actions either beforehand or afterwards.

So, looking at one of the Vatican sayings: **VS71. Question each of your desires: “What will happen to me if that which this desire seeks is achieved, and what if it is not?”** simply requires I create a daily/weekly/monthly practice to ask myself that question. Whether that becomes my personal "ritual" to live a happy Epicurean life remains my task.