

# Welcome ThomasJ54!

Post by "Cassius" of March 18, 2026 at 9:32 PM

[thomasj54](#) tells us:

Hello!

I'm a 72 year old retired IT professional in Essex England. I've have an intermittent interest in philosophy and religion most of my life. Raised a Catholic I rejected this in my late teens and became agnostic/atheist. I studied the history and philosophy of science at university and was introduced to a variety of western philosophers ancient and modern. I stumbled into Taoism through doing Kung Fu and Tai Chi, and then into Buddhism but didn't like the spiritual/metaphysical aspects. I came across Stoicism (can you avoid it, it seems to be everywhere?) but though it offers a "how to cope with life" philosophy there still seems to be a spiritual/metaphysical aspect to it. Stoicism led me to Epicureanism which I know nothing about, then Google led me to your site. The key words through all this are "intermittent" and "stumbling."

Regards,