

How epicureanism has been helping me deal with overindulgence

Post by “EricR” of January 25, 2018 at 7:50 AM

Ah...there he is! 👍

The other pic was fine. But there's something about this one.....I think it's the sense of not talking oneself too seriously.

I find great pleasure in that simple idea of taking a lighter view of oneself. I see so many who are desperate to be right, to be authoritative, to be seen a certain way. When we make a mistake we cringe as if that should never happen or somehow our reputation will take a hit and we won't be taken seriously. Once one wakes up to being fallible, the inner life becomes much lighter.