

Daily Practices

Post by "Don" of March 4, 2020 at 9:44 PM



I'm not sure this counts as a daily practice but I'm sharing an image of my keychain I carry every day. I made both the SFOTSE ring (Sic Fac Omnia Tamquam Spectet Epicurus) to remind me of my Epicurean practice and the ring with the 4 wooden beads behind it to remind me of the Tetracharmakos. I will find myself "rosary-ing" the 4 beads in the elevator of my parking garage at the end of the day sometimes silently reciting the Tetracharmakos (in ancient Greek, of course 😊).