

Epicurean substitute for prayer

Post by "Don" of August 26, 2020 at 7:22 AM

Ah, toddlers! I fondly remember nighttime going to bed "rituals". One of ours was reading short books, mostly by Sandra Boynton, especially the *Going To Bed Book*. I can still repeat it after oh my... Well over a decade now! Time flies! Enjoy your child every step of the way!

It might be helpful to know the specific prayer your toddler enjoys saying. I know the one I would say when I was **very** young was traumatizing to think of now, including ..."if I die before I wake, I pray the Lord my soul to keep."

I think a toddler is too young for the Tetrpharmakos. And besides it also introduces death, do I'd steer away from that for now.

I don't have any specific saying of Epicurus or Lucretius right now, but one option might be focusing on gratitude. What are you most thankful for today? Or come up with a rote litany like a prayer: I'm thankful for ... And... And...

Or pleasure. What made you the happiest today? Let your toddler reflect on what makes them happy throughout that day. Or again let them come up with a rote list and make that into a "prayer."

There might also be something about Nature you could use.

This is an intriguing question you pose. I'll continue to give it thought and share anything I can come up with. I think you also open up a new area in the idea of how to introduce Epicureanism to children.