

Epicurean substitute for prayer

Post by "Don" of August 26, 2020 at 12:05 PM

[Quote from camotero](#)

The thing with gratitude is, as I understand it, that someone has to be the object of your gratitude, because you're grateful that he/she has been willingly good to you, and thus you recognize this good will. Being grateful to nature or some other non human thing would have to imply endowing them with the ability to will something unto us; please share a different point of view about gratitude if you can.

So When we tried this gratitude prayers we focused on being grateful to mom and dad for whatever (which seemed rather boastful since he's not coming up with these thoughts 😬) and to his kinder teacher and to his grandparents and such...

I would concur with your basic idea of gratitude. When my reminder alarm for keys in the ignition goes off, I find myself saying Thank you to whoever invented that. Literally 😊

I like some of the Buddhist gratitude practices I've seen, especially the meal "prayer" that starts "I am grateful for this food, the work of many people..." On a basic level, it makes us stop and think how we're connected to people and the world from who made the meal to who grew the food to who shipped the food and so on.

With Nature, maybe gratitude isn't the right word. I think we can feel fortunate that we're alive and able to experience the pleasure of the sunshine on our face, the sight of stars in the sky, the power of a thunderstorm.

I so wish Epicurus's work *On Gifts and Gratitude* wasn't lost to us.

And I hear what you're saying about mom and dad. "Thank us! Thank us! How great are we!" 😊