

Questions on daily routines

Post by “timrobbe” of August 29, 2020 at 1:14 PM

Hello everyone,

I have the following question. I am trying to set my mind to Epicureanism. I carry the tetrastichos with me, have a picture of Epicurus hanging on my wall and try to meditate on the philosophy on a daily basis. I am looking for routines or habits other Epicurians use to fully engage in the philosophy, as Epicurus himself advises (was it Metrodorus?) to do in his letter on ethics.

What are your routines en habits?

KR

Tim