

Questions on daily routines

Post by “Godfrey” of August 29, 2020 at 2:51 PM

Hi Tim,

I'm finding that, for me, following EP has become largely an attitude. But an important practice, again for me, is to regularly participate in this forum (I don't use Facebook, but that's another option). Interacting with others here is one of the best ways to deepen my understanding of the philosophy, and it takes me in directions that I would probably never go on my own. (Kudos to [Cassius](#) for maintaining this forum!) Also, listening to the Lucretius podcast is helpful in a similar regard.

Another practice that I've recently begun to tinker with involves revisiting the personal outline (if you're not familiar with it, there's a thread on the forum). I've been compiling a list of "one-liners": short phrases or sentences that express a key element of the philosophy in my own words. Then each day I pick one at random as sort of a daily "theme." Compiling the list is a helpful method of study, the daily phrase is a way to live with one narrow aspect and let it soak in. Sometimes the daily phrase motivates me to dig deeper as well. It's kind of like principle doctrines for the short attention spans of us moderns. 😊