

# Episode Sixty - Dreams and the Mind's Use of Images

Post by "Cassius" of March 1, 2021 at 8:47 AM

Another comment about this section that comes to mind: People are always asking about Epicurean "therapies." Based on this section it would seem pretty clear that the idea of tuning your thought processes by the images on which you choose to focus over time would be an obvious path to pursue.

Epicurus: **"Meditate therefore on these things and things akin to them night and day by yourself; and with a companion like to yourself, and never shall you be disturbed waking or asleep, but you shall live like a god among men."**