

"Setting Before the Eyes"

Post by "Cassius" of January 29, 2022 at 12:39 PM

Here is another analogy:

In the letter to Herodotus Epicurus is quite clear in advocating the use of outlining.

In the letter to Menoeceus Epicurus is quite clear in advocating the study of nature, and the discussion of issues such as infinity.

It's that level of clarity that I think we should look for in embracing any advice as to "techniques.". Because those are so clear and from Epicurus, those should be at the top of the list of any list of "techniques."

It's probable also that there are clear instructions to try to it some or all of the central doctrines to memory. That also deserves a highest priority.

If there are other "techniques" that deserve similar status to those, we should add them to the list, while also documenting their level of authority. I suspect there are others that can be added to this list just from the letters to Epicurus or Lucretius.

There is also the "do all things as if Epicurus we're watching" - from Seneca if I remember correctly?

Likewise "Meditate Mortem" - also from Seneca?

And so for basic programs of this forum we ought to stress and focus on those that are clearly documented, and only when those are tended to supplement the list.

It would be really good to make this into an explicit numbered list in terms of level of authority of the source, and then as we go forward decide where to put the visualization issue on that list.

And as for newer students, probably the soundest advise is to take Epicurus to heart and follow the list in the order Epicurus himself seemed to stress it, and only then, and afterwards, begin to experiment with other possibilities.