

"Setting Before the Eyes"

Post by "Don" of January 30, 2022 at 1:29 PM

[Quote from Godfrey](#)

It seems too like a key part of it is a teacher or friend describing or illustrating to the one receiving therapy. It doesn't seem to be a technique for solitary meditation. Setting before the eyes would then be the act of describing or illustrating, right?

I'm not entirely sure about the solitary possibility. I could see reading (the works of Philodemus like *On Anger* for example) to "put before your eyes" a situation the individual is dealing with. But that teacher/student (doctor/patient) relationship within the community does seem to be a BIG component of where this is coming from. This also seems to me to be an important way in which Epicurus's philosophy was practiced within the school.