

"Setting Before the Eyes"

Post by "Kalosyni" of February 3, 2022 at 7:42 PM

[Quote from Don](#)

This is interesting from a "what was actually going on inside the Epicurean community in ancient times" perspective, but also "how can we resurrect or re-use or re-interpret ancient practices for modern times" perspective. That's one reason why it's important to dig into this.

This fascinating to me, and so some day soon hope to learn more. And there may end up being a similar process within "Nonviolent Communication by Marshall Rosenberg" ...which uses "Observations, Feelings, Needs, and Requests" ...and the first step uses vivid exact description of exactly what happened or what was said...and they say: "describe what the video camera would see" as a way to be very objective.