

# Is there a notion of cultivating "sensitivity" in Epicureanism?

**Post by "Root304" of May 27, 2022 at 8:34 PM**

I've been engaging with Epicurean literature at the same time as undergoing psychotherapy and somatic therapy - entertaining the idea of the soul being equated with the material systems of the body - and it's got me wondering if Epicureanism encourages the idea of deepening our understanding and conception of ourselves to refine our sense of pleasure though not at all at the expense of disparaging "normal" everyday pleasures. I've mainly been intrigued with the ideas in Internal Family Systems therapy, where the mind is seen as having a multiplicity of personalities that we engage with in a social way in the therapeutic space (the inner critics, the inner children, ect). The angry inner voices are "entities" we should engage with. Also what has come up for me while doing structure integration and body mapping with Hellerwork. I got a lot of pleasure and a settled mind in doing the work, as well as a sort of moralizing effect on me as once I understood and knew the various dimensions of myself and the delicacy it took to perform the therapy I grew in empathy for the depth of being in other people and other forms of life. So I guess the word that I formulated for this was "sensitivity" in that I am able to sense better and interact these different aspects of my being, and it sort of pulls me more toward "religious naturalist" takes on Epicureanism where I set aside ritual space to interact with these parts of myself. Anyway, just looking for some outside perspectives on these ideas.