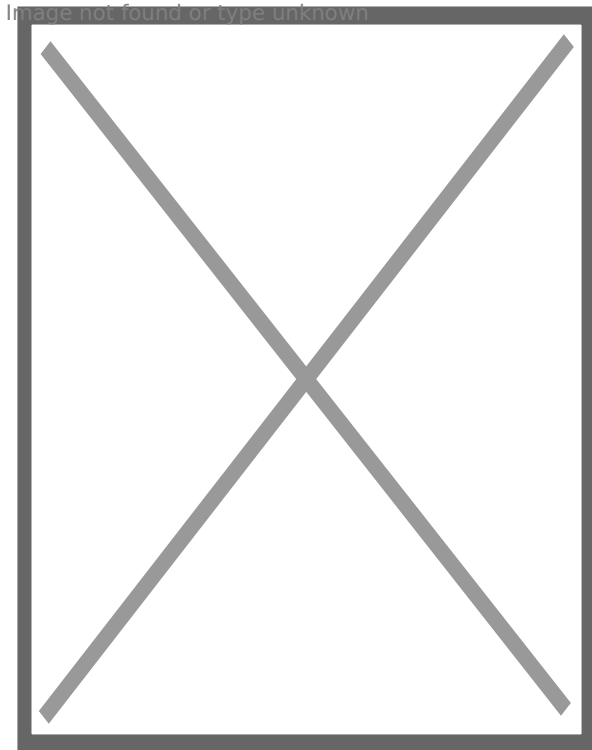


Is there a notion of cultivating "sensitivity" in Epicureanism?

Post by "Don" of May 27, 2022 at 10:09 PM

@Root304 , I'll admit I was unfamiliar with the topics you mentioned. At the risk of simplifying things, for myself and others, here are relevant Wikipedia articles:

[Internal Family Systems Model - Wikipedia](#)



[Somatics - Wikipedia](#)

en.wikipedia.org

Please feel free to tell me if these are off the mark!

My sense is that anything that truly and honestly makes us more aware of our bodies, our reactions to stimuli, and our feelings of pleasure and pain will make us more able to apply the faculty of choice and rejection. That's a good thing. I get the impression that we all try to lie to ourselves and try to make ourselves believe and/or behave in ways counter to our well-being (eudaimonia) all too often. That's what I believe one of the benefits of the practice of frank speech and correction in the ancient Epicurean community was. You may fool yourself, but you can't necessarily fool your friends or your teacher. You have to be open to correction and direction. Being able to do this yourself would be a boon.

<http://www.epicureanfriends.com/thread/2536-is-there-a-notion-of-cultivating-sensitivity-in-epicureanism/?postID=18174#post18174>

I look forward to hearing more and hope this was helpful.

PS. This is also where the work of Dr. Lisa Feldman Barrett and others comes in, too. Cultivating our sense of interoception allows us to listen closer to our body's signals. I'd suggest checking out her books as well.