

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

Post by "Root304" of May 27, 2022 at 10:55 PM

[Quote from Don](#)

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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.

Ahhh... 😊 You've expressed precisely what I was reaching for. Marvelously put! *chef's kiss*

And also thanks for posting the wikipedia articles! And I'll have to check out Dr. Lisa Feldman Barrett!