

# **Episode One Hundred Forty-One - Proclaiming Epicurus To The World: Diogenes of Oinoanda (Part One)**

**Post by “Kalosyni” of September 26, 2022 at 9:35 PM**

Instead of tranquility or mindfulness, how about clear-mindedness and ease...lots of other possibilities?

Mindfulness sometimes could end up being too focused inward or on inner sensations.