

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

Post by “Godfrey” of September 27, 2022 at 1:49 AM

As I understand it, mindfulness *practice* begins with building your concentration, typically through sitting quietly and focusing on an object (typically your breath). The thing to figure out before anything else is how you can sit most comfortably, preferably with an upright but relaxed spine. As for what you do once you're settled, everybody uses the word "curiosity", which drives me nuts due to its overuse. What I find happening when I do this meditation is that, in order to keep my mind from wandering and to not go crazy, I need to find something interesting to observe about my breathing while I'm sitting there. For instance what part of my breath am I consciously controlling and what part is unconscious, or maybe what is happening at specific places in my body.

Further, this practice isn't necessarily tranquil: all sorts of mental and physical stuff can happen while you're sitting there. This is part of the point however, because often this is stuff that needs to be sorted out in order to make positive choices and avoidances for leading your most pleasant life. As your concentration improves and you can focus on what's coming up, you eventually can arrive at useful insights about these things.

I have found, however, that I do often come away with the pleasures of feeling more relaxed, yet energetic, after I "have a sit" for 20 minutes. Tranquility is a pleasant, potential byproduct of mindfulness but it's not the goal, it's not the process and, depending on the situation it's not always possible. But I'm finding that the practice can be useful for Epicurean living.