

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

Post by “Don” of September 27, 2022 at 12:11 PM

For the record, I don't *think* I'm being syncretic or building some "cafeteria-style" Epicureanism in having this perspective. Mindfulness is not native to any one culture. It is not some esoteric spiritual thing. Research in secular settings has shown its applicability separated from any one tradition. "Flavors" of it show up in any number of traditions and cultures, both Eastern and Western. And I think it's inherent in human nature, just suppressed, ignored, or not encouraged. And I find evidence for it in the extant texts as I mentioned above as a sample.

I didn't mean that to sound as defensive as it does btw 😊 but there you go.

(Steps off soapbox)