

# Eat Drink and be Merry!

Post by "Don" of September 30, 2023 at 7:28 AM

## [Quote from Godfrey](#)

One thing that strikes me about this picture, Don , is that it seems very similar to descriptions of the effects of meditation that I've read. That's not necessarily a bad thing, but it seems to me to be somewhat limiting when it comes to pursuing pleasure.

I could see that similarity, but it seems to me that meditation (especially mindfulness meditation) is sometimes seen as an end in itself instead of a tool in a toolbox. However, whereas I see meditation as a tool to quiet one's busy mind (which is not a bad thing in itself), the Epicurean context is the necessary elimination of false and damaging beliefs and mental habits and similar impediments to well-being. Studying, meditating on the teachings "by yourself and with similar people," is a necessary step in freeing one's mind from unnecessary fears, anxieties, and negative mental habits, ripping these "empty" beliefs and habits out by the roots so they don't come back. If one wants to engage in meditation as a tool to help with day to day overthinking or being anxious, I think that has value. But the big storms and pollution that need to be eradicated in my (admittedly off the cuff) analogy are the existential fears of death, divine retribution, feelings of "I am a worm in the eyes of God," etc.

Without eliminating those, we might experience pleasures but there's going to always be a sea serpent ready to rear its ugly head out of the water and capsize our boat.