

Daily life of ancient Epicureans / 21st Century Epicureans

Post by “Robert” of May 28, 2025 at 12:01 AM

[Quote from Patrikios](#)

[Robert](#) , have you read Voula Tsouna's paper on **epibole**, where she talks about the process of how we should study and pay attention to the words and meanings of Epicurus writings.

<https://www.bsa.ac.uk/wp-content/upl...ACT-HANDOUT.pdf>

In her paper on prolepsis, she emphasizes the role of mental focus in learning Epicurean concepts.

*“For what I label the Lockean view typically involves the idea that preconceptions are formed passively, without any movement of thought, whereas what I call the Kantian view is accompanied by the contention that **epibolē**, a mental focusing, is an integral component of the formation of basic concepts.”*

https://www.academia.edu/32563844/Epicurean_Preconceptions

I find that understanding these concepts of **prolepsis** and **epibole** are key to better understanding how to integrate the simple, but powerful, practices of living prudently, pleasurably, and pleasantly.

Hi, Patrikios--I just finished reading the paper on epibole--thank you for suggesting it! A quick reaction (assuming I understood Tsouna's line of argument) is that it sheds some light on *why* memorization of the teachings is important. It seems to form part of a mental training that leads first to epibole about specific topics and ultimately to the cosmic-level view that Lucretius and Philodemus both attribute to the the Epicurean sage. Does this seem correct to you?

I'm going to dive into the paper on prolepsis next, as this is a concept I've had trouble grasping. It's interesting that epibole and prolepsis are both so integral to your Epicurean practice(s)--interesting because they're both a bit difficult, and are part of the canon rather than the ethics (which seems to be the most accessible part of the philosophy).