

Daily life of ancient Epicureans / 21st Century Epicureans

Post by “Patrikios” of May 28, 2025 at 2:09 PM

[Quote from Robert](#)

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?

[Robert](#) , yes, you summarized my current understanding of the practical applications of epibole and prolapses to the Epicurean education process. After reading those papers by **Voula Tsouna**, I found that studying the Key Doctrines in short groups of 3 or 4 related doctrines was more beneficial to focus on a key topic. But I was having trouble just memorizing each KD, so I found by also reading different translations and when I allowed the words to generate feelings, those sensations brought up images or recollections related to the doctrine. In this way, we are programming our unconscious (the RAS, etc.) by employing the epibole to begin focusing the full mind which then correlates the words with feelings and images that are meaningful from your personal experience.

Would you call this immersive or whole-brain learning that was being taught in Epicurean schools?