

Possible use of the Pythagorean exercise called "evening review" for Epicurean purposes.

Post by "Daniel188" of December 24, 2025 at 4:33 PM

[Quote from Cassius](#)

Yes I agree with your comments Don. And this is is a good example of being careful about the goal of techniques before they are used. Is your goal as to emotions to "let them pass" or "listen to what they are telling you and take appropriate action"?

Here we have an example of the hidden philosophical assumptions behind meditation practices. Buddhist teachers often refer to the doctrine of anatta, the doctrine of non-self. Therefore, they recommend observing sensations and their transience and impermanence in all practices. They want people to recognize that sensations are not theirs and develop indifference to them. This is in clear contradiction to Epicurean philosophy.