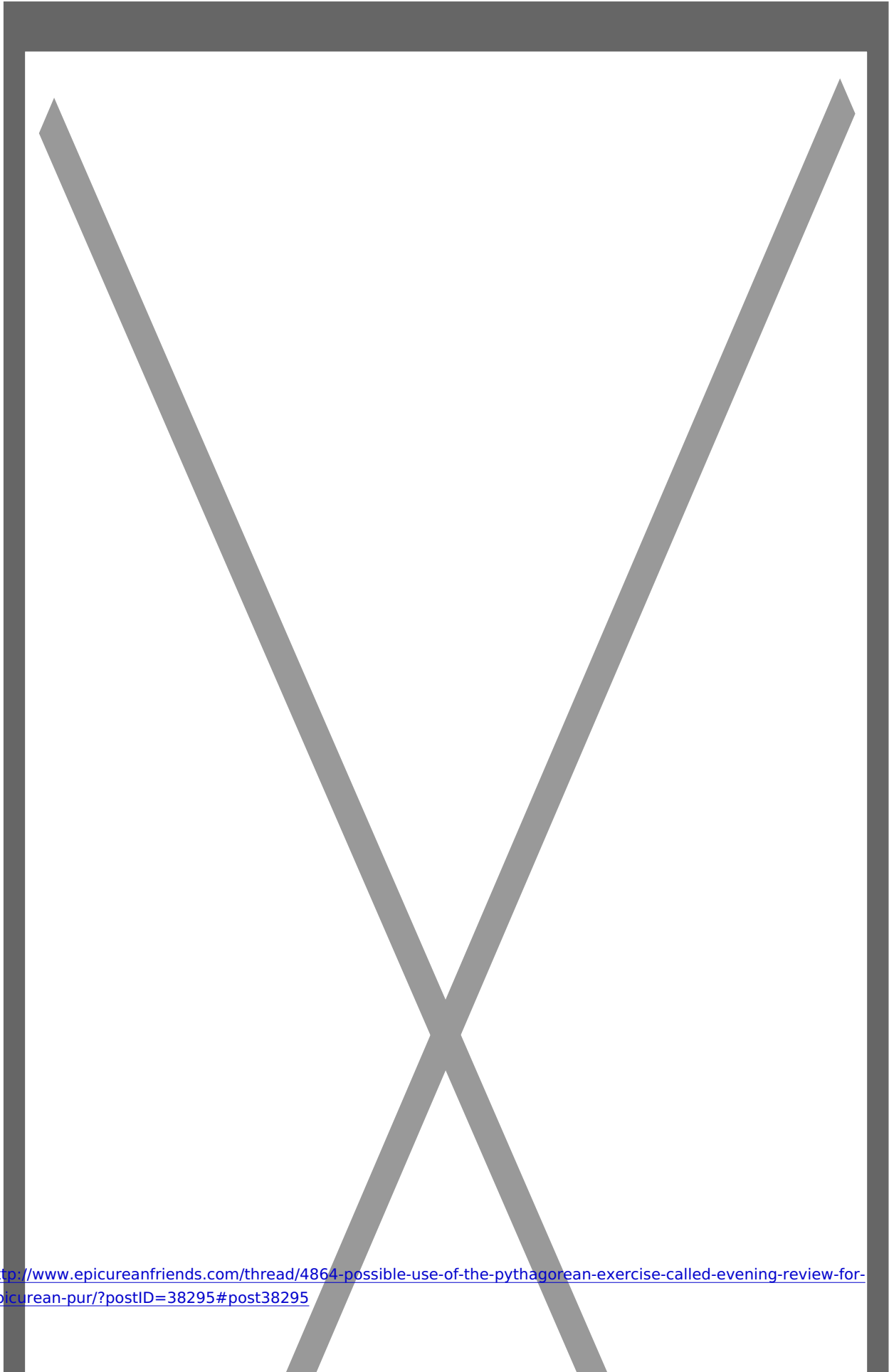


Possible use of the Pythagorean exercise called "evening review" for Epicurean purposes.

Post by "Don" of December 25, 2025 at 8:05 AM

Although not directly related to the topic at hand, I found this excellent summary of Dr. Austin's perspective on Epicurus' philosophy in an article I didn't remember her writing:

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<http://www.epicureanfriends.com/thread/4864-possible-use-of-the-pythagorean-exercise-called-evening-review-for-epicurean-pur/?postID=38295#post38295>

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This forum and the podcast get great shout-outs, too!

My reason for bringing it up here is that she brings up in several spots the fact that people often miss the joy and pleasure they have readily at hand. Epicurus calls us to recognize the pleasure we already have in daily life and to cultivate pleasure here and now to store up memories for future recall. Any tool that makes us slow down and appreciate the pleasure we have now seems to me to be beneficial.

Granted, Epicureans reject the underlying Buddhist motive of mindfulness meditation, to realize anatta. We are not "no thing." Okay, maybe at the atomic level, there is no sweet, no color, etc. But we don't live at the atomic level. We live at the level of compound things and need a way to negotiate that world. Any practice, even those from the "enemy camp" that can be retrofit and retooled to run better and more practically for the use of slowing down, paying attention to what we're feeling here and now, and teaching us how to appreciate the joys in front of our eyes and how to avoid future pains is worth taking a look at.