

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

Post by "Daniel188" of December 25, 2025 at 12:49 PM

[Quote from Patrikios](#)

Because it is a 'necessity' that we study and meditate daily; most of us need to plan, set-aside times for this type of deep meditation/reflection. So, while we can/should sing and repeat Epicurean quotes throughout the day; I usually need to set aside 15 to 20 minutes in the evening for a rigorous reflection, a nuktos meleta, the evening practice that Epicurus himself prescribed. My meditation usually follows reading/studying texts and articles for a couple hours earlier in the day .

And in order to meditate on how to train my 'divine spirit' (daimonia) to be more benevolent, I reflect on how well I treated others throughout the day, and identify areas of improvement. Then I engage in deep meditation, while reflecting on impressions of "blessed and immortal beings", so I can better envision how to 'adjust my course' in order to be 'steering ourselves toward tranquility and flourishing'.

I completely agree. It's worth having such a regular practice, if only because it reminds us of philosophy and teaches us to analyze daily life through its lens.