

# Welcome BrandenOz!

Post by "Cassius" of April 14, 2026 at 12:33 PM

BrandenOz tells us:

Hi Cassius,

I got into philosophy through Ryan Holiday's lighter works on Stoicism. Then from there, I read the three Roman Stoics he talks about, Marcus, Epictetus, and Seneca. I knew right away that I liked Seneca and through his letters, I was introduced to Epicureanism. I recently have read a few works of Epicureanism and I think it was "Epicurus of Samos: His Philosophy and Life: All the Principal Source Texts" that mentioned that a great deal of what Seneca says is a re quoting of Epicurus's ideas. I found that what I liked most about Seneca was the Epicurean parts I had almost memorized. I also appreciated Seneca's cleverness and depiction of an intellectual life, but I found I didn't care much for Stoicism. I am an atheist as well and really like David Fitzgerald's work and I find that Stoicism seems to me to strengthen the claims in Christianity for most, rather than give the freedom that Epicureanism seems to give. I've been listening to the Lucretius Today podcast episodes linked on the homepage, specifically the 5 for physics, logic, and ethics and I find this model seems to be the best way to explain the real world I experience. I've studied philosophy at the undergraduate level for a few semesters for fun and have a bachelor's in education and a master's in business administration.

A topic I am really interested in learning more about, **and maybe this is a separate topic**, is if secular mindfulness meditation as derived from Buddhism, specifically including the body scan and labeling which seems to remove pain, and the thinking of the 5 hindrances, which seems to eliminate fear is incompatible with Epicurus. What would Epicurus likely say about that specific, secular meditation? I am an atheist and don't see meditation as anything more than a therapeutic act that affects only the physical and mental dimensions of the human being. I don't believe in a soul, spirit, or any mystical aspects that are often associated with meditation. I use no apps and simply set a time for 10 minutes to complete the whole activity, sometimes 20. Would Epicurus see a fallacy or improved alternative in this? It seems that things are dealt with in a direct, logical and conscious manner and possibly this form of meditation is helpful but overly complicated. I am new to Epicureanism comparatively but this question comes up for me as a student of philosophy, but a practitioner of meditation. I am not looking for approval necessarily either, but understanding if there is a better way to do what I seem to be doing with my meditation practice. The main benefits I experience from it are certain emotional awareness. I understand from Episode 262 of the Lucretius Today Podcast: "He Who Says 'Nothing Can Be Known' Knows Nothing." that Skepticism may be in many ways the western philosophical equivalent to Buddhism and Epicurus finds logical inconsistency in it.

Therefore, would he find the same in even a specific form of meditation and why? Any materials you can recommend or answers you can give I would be very happy with.

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