

SOE13: The goal of religion

Post by “Hiram” of January 2, 2020 at 10:14 AM

Ok, I have my book, chapter on contemplation, and the source I cited is:

<https://www.ncbi.nlm.nih.gov/pubmed/7669835> - The effects of running and meditation on beta-endorphin, corticotropin-releasing hormone and cortisol in plasma, and on mood.

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361002/> - on neuroplasticity and how the brain's physical structure changes with meditation --- here, both Epicurus and Lucretius predicted the field of neuroplasticity when they argued that people are able to change the shape of their brain. Lucretius said people do this via habituation or when they memorize certain movements / games; Epicurus expressed moral development in material terms by arguing that a morally mature person was RESPONSIBLE for transforming the "atomic structure" of her brain in “On Nature”, Book 25: On Moral Development.

Here is Moral Responsibility and Moral Development in Epicurus - by [Susanne Bobzien](#)

[https://www.academia.edu/275084/Moral Res...ent in Epicurus](https://www.academia.edu/275084/Moral_Responsible_in_Epicurus)

Here is Lucretius' Book 4

Quote

And to whate'er pursuit

A man most clings absorbed, or what the affairs

On which we theretofore have tarried much,

And **mind hath strained upon the more**, we seem

In sleep not rarely to go at the same.

The lawyers seem to plead and cite decrees,

Commanders they to fight and go at frays,

Sailors to live in combat with the winds,

And we ourselves indeed to make this book,

And still to seek the nature of the world

And set it down, when once discovered, here
In these my country's leaves. Thus all pursuits,
All arts in general seem in sleeps to mock
And master the minds of men. And whosoever
Day after day for long to games have given
Attention undivided, still they keep
(As oft we note), even when they've ceased to grasp
Those games with their own senses, **open paths**
Within the mind wherethrough the idol-films
Of just those games can come. And thus it is
For many a day thereafter those appear
Floating before the eyes, that even awake
They think they view the dancers moving round
Their supple limbs, and catch with both the ears
The liquid song of harp and speaking chords ...