

Meditare mortem & Mindfulness of Death

Post by "Cassius" of February 29, 2020 at 3:00 AM

I am not familiar with the details beyond what I read at that link, and I am always wary of being in enemy territory, simply because it is enemy territory and all kinds of dangers should be expected to be lurking, especially in the land of an enemy that has to have such a profound difference with us as to the ultimate meaning and goals of life.

But having said that, I am sure that it can only be a good thing to "think about death" and so calling it to mind in a variety of ways should be nothing but helpful. As to meditation I just don't have much expertise to allow me to comment.

However I would say something in response to this:

[Quote from Eugenios](#)

But although Epicurus states that this knowledge will result in dispelling our fear, he doesn't provide a way to get there. There's no path laid out to get to that unshakable knowledge.

I think if Epicurus / Lucretius were here to respond to that, they would say that they DID set out that path, and that path is the study of nature as laid out in the sequence of observations/studies left to us in Lucretius Book 1 and 2 up to and through the discussion of how the soul is material and dissipates at death.

I would say that that understanding is the only true path to an unshakeable confidence that death is truly nothing to us, and if we do not in fact make that chain observation / deduction for ourselves, embracing the evidence and the reasoning behind us, then no amount of mental visualization or contemplation is ever going to be truly successful in giving us confidence that there is nothing to fear in death.