

Meditare mortem & Mindfulness of Death

Post by "Godfrey" of February 29, 2020 at 9:23 PM

This is an intriguing topic.... I personally discovered Epicurus while pursuing Stoicism, and for quite some time was searching for Epicurean "spiritual exercises" along the lines of some of the Stoic practices. I also spent a number of years sitting with my neighborhood Zen group, which encouraged formal practice.

Currently I've abandoned all of these. I'm finding much more pleasure and fulfillment in studying nature, science, some philosophy, some history.... The joy of this, for me, is in learning more about the world and my place in it. And interestingly, it all started through studying Epicurus: how his philosophy relates to other philosophies, to science, to history. Epicurus mentioned in the letter to Herodotus that he got great pleasure from his study of natural philosophy (I paraphrase) and I'm finding that to be true for me.

Regarding death, I'm finding that there's no fear there. It's a fact of life; the more I see the bigger scientific and historical picture, the less there is to fear in death. Not that I'm looking forward to it!

But Eugenios your post is intriguing. It would be interesting to know more about various Epicurean practices. I think many of them probably pertained to life in the garden, while those of us today don't have such a community and have (I imagine) a wide variety of life and work circumstances in which we study and practice. People have posted in other threads about types of daily practices they follow; I'm not aware of anyone following a mindfulness of death practice however.