

# Meditare mortem & Mindfulness of Death

Post by “Don” of March 1, 2020 at 5:29 PM

## [Quote from Godfrey](#)

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, too, discovered Epicurus by way of the Stoics... basically because they've gotten WAY more publicity and promotion - both historically (since the Christians found them palatable enough to incorporate into their theology along with Plato) and in modern times. I still would be interested to see some Epicurean "spiritual exercises" which is why I've found Hadot interesting. Tsouna's *The Ethics of Philodemus* has also been interesting for this reason. But I also think your study of nature is as valid as any exercise as any. 😊

I'm going to have to find those posts of daily practices, too!

And just to be clear: I haven't personally started an Epicurean Mindfulness of Death practice. I'm intrigued by the idea and will keep the forum updated if I do but so far I haven't tried it.