

I'm back.....:-)

Post by "brett" of November 13, 2020 at 10:42 AM

[Quote from Martin](#)

The practices do not need to be necessarily traceable to Epicurus or be logically derived from EP. If they work and are compatible, that is good enough. Not each of them will work for every Epicurean.

Here are some suggestions:

For me, occasional meditation for up to one hour guided by a Buddhist monk works fine, whether on radio, from CD or live. For some Epicureans, it might be counterproductive.

Occasional daydreaming as the simplest form of meditation is fine, too.

Running several kilometers at least twice a week boosts motivation to take action toward pleasure.

Doing something together with friends increases pleasure compared to only doing my own things.

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I completely agree that they don't need to tie to Epicurus. I like some of the ones you mentioned.

A couple thoughts:

1. One approach could be to personalize the tricks and tips and have each person write up a 140 synopsis of their technique and create a compendium of these.
2. Some of the most popular stoic techniques are EASILY framed as epicurean. for example, the dichotomy of control is a very helpful mental technique to minimize pain and clear space for some one to then pivot to a pleasurable experience. For example: If I recognize that I can't control the fact that my boss is mad at me, I can relax myself and pivot to finding a pleasurable activity to maximize my pleasure and hence happiness.

I really think this topic could help in outreach and general 'effectiveness' of EP for the daily lives of normal people. End of the day, all the 'smart' people in the world can believe something but unless it's effective for others and seen as relevant, it won't be adopted.