

# So, this is what we're up against...

Post by "Don" of August 12, 2021 at 5:58 PM

## [Quote from Nate](#)

I was nearly disturbed to have come across the following anecdote:

a contemporary Epicurean would enjoin the truth-seeker to Be Here Now and Pay Attention." (Mills, Epicurean Simplicity 22)

"Epicurean" has meant so many things to so many people

I don't have a major problem with the idea that an Epicurean practice could include "mindfulness" or other exercise to get us to "pay attention" to our lives. That could make us better choosers and avoiders...

BUT to equate that to the woo of Ram Dass or other Eastern philosophies writ large, that goes down the syncretism road and is not helpful.