

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

Post by “Godfrey” of August 13, 2021 at 1:07 AM

These provide great examples of things to choose (paying attention) and to avoid (mumbo jumbo). Personally I feel that paying attention to one's faculties is a key part of an Epicurean lifestyle. Mindfulness and meditation are potentially useful tools in that endeavor. There are occasional points of overlap between the traditions from which they come and EP, and these points can be useful to understand the tools. Of course the danger is that one ends up misunderstanding the overlaps and practicing an inconsistent mishmash of a philosophy, so one must pay attention 😊