

# Differences between Epicureanism and Cyrenaicism

Post by “Don” of November 4, 2021 at 6:52 PM

## [Quote from Kalosyni](#)

I admit that the "pleasure at rest" sense of satisfaction doesn't happen for me very often. But I wonder if Epicurus might have taught this in the Garden. And if it was lost, though it's not something that easily translates into words.

I'm very skeptical if Epicurus taught a form of sitting (Eastern) meditation in the Garden. But his use of the word μελετᾶν/μελέτη "study, practice, meditate on, practice, exercise" suggests to me some form of sustained focused attention on and memorization of the [Principal Doctrines](#) and other epitomes and summaries. That being said, mindfulness, in my opinion, could easily be incorporated into an Epicurean practice (as that podcast I recently posted suggests to me). Anything that makes us more aware of our feelings and makes us better able to make informed decisions on what to choose and what to reject seems applicable to me.