

Episode Ninety-Five - Understanding The Paradoxical "Absence of Pain"

Post by "Joshua" of November 9, 2021 at 7:15 PM

Don posted something about mindfulness in another thread recently; as I've been reflecting on it, I have come to the conclusion that I can certainly see it as another useful tool in the Epicurean toolkit; to "occupy serene heights, well fortified by the teachings of the wise", as Lucretius has put it.

If Elayne were still around, she might caution against 'going too deep', for medical and mental health reasons, as it can have unintended consequences. Some people report feeling more lonely, more anxious, more depressed, etc.

Don might read that paragraph and conclude that he and I are still talking about different things! ☐☐