

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

Post by "Godfrey" of November 9, 2021 at 9:49 PM

As a technique of "Epicurean mindfulness" I sometimes focus on my current sensations, preconceptions or feelings. I may start out by focusing on a particular sensation, and then notice to my surprise that I'm aware of a preconception involving that particular experience.

Having said that, my understanding is that "meditation" for the ancient Greeks was actually more of a thought process, for example memorizing doctrines or visualizing the extent of the universe, as opposed to Buddhist or Hindu forms of meditation. It's taken me a while to buy into this, but now I think that the Greek technique is quite good for internalizing the philosophy and increasing pleasure.