

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

Post by "Don" of November 9, 2021 at 9:57 PM

[Quote from Godfrey](#)

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

I think you're right.

I'd also suggest we dig into the practice Philodemus talks about as "setting before the eyes" which strikes me as a vivid visualization. I've seen him use it in reference to anger and, as I understand, you "set before your eyes" what you look like when you are angry and have lost all reason and composure. Really investigate if that's what you want. Do you like the look of yourself that way?