

Dance and it's place in Epicureanism?

Post by “Kalosyni” of January 8, 2022 at 10:41 AM

Perhaps [Cassius](#) the phrase "agreeable motion"?...which just last night found, because I was reading about creating Epicurean outlines: [Thomas Jefferson's Epicurean Outline](#)

And then my mind starting thinking about how someone who enjoys both pleasure and reason, might not very often find themselves in the midst of the ecstatic dance crowd (What would Thomas Jefferson say about ecstatic dance, if he time-traveled and observed it?)

And then it came to me...

Epicureans would more often than not, would dance with their eyes fully open!

So much of group ecstatic dance is done with the eyes closed, however I very rarely felt the need to do so when I danced. Also in my Buddhist meditation - eyes open, not closed.

Because Epicureans fully accept the world, fully inhabit the pleasure of life, take responsibility for personally navigating through pleasure and pain (responsible action) then there is an enjoyment of the experience of life...and so we enjoy dancing with our eyes wide open.