

# **Meditation and Epicurean Philosophy (?)**

**Post by “Kalosyni” of January 9, 2022 at 9:03 PM**

This is a very good topic, in my opinion. There are so many forms of meditation out there, and everyone has individual preferences for what feels pleasurable. Now that I am personally identifying as "Epicurean" I am very much enjoying the idea of "doing what is pleasureable" rather than doing meditation for "stoic-discipline" reasons.

The Buddhist teacher Thich Nhat Hanh has a very simple approach, and he says: "Enjoy your breath" and so now I periodically remind myself to do that (with a little note posted on my refrigerator). So from my earlier times studying meditation, I have taught myself a certain way of inhaling and exhaling which I find pleasureable. It is very simple and involves the full experience of feeling the body, and it can be a kind of "medicine". Perhaps I will blog on it soon, and then add link to here.