

Meditation and Epicurean Philosophy (?)

Post by “Don” of January 9, 2022 at 9:41 PM

Epicurus's instructions to commit his epitomes, summaries, and [principal Doctrines](#) to memory suggests to me some kind of repetition in the process of memorization. I've personally used silently repeating the Tetrapharmakos in Greek in meditation and it's worked well to focus the mind.

I also (I think) said elsewhere that meditation helps one learn to gain a certain sense of the pleasure of ataraxia. And I maintain it's easier to make sound choices and rejections if one is able to make decisions with a focused, undistracted mind. Meditation can be a **tool** toward the end of living a pleasurable life.

I am not a regular meditator by any means but it is one of the things I seem to return to repeatedly.