

# Meditation and Epicurean Philosophy (?)

Post by “Godfrey” of January 9, 2022 at 11:07 PM

Mindfulness meditation is, to me, pertinent to an Epicurean. In a nutshell, you begin by choosing a specific "object" to focus on such as your breathing or perhaps the sounds in your environment. Just notice it/them and notice what thoughts pop up. Don't get hung up on the thoughts, just let them go. You can do it sitting quietly or anywhere except driving a vehicle.

The relevance of this to EP is that it's a way to become more aware of your sensations, feelings and underlying thoughts. To me this is a great way to practice and develop a habit of working with the Canon.

Something I've been doing lately which I'm enjoying, which isn't pure meditation, is to listen to a 5-10 minute guided meditation on the Fitbit app before getting out of bed in the morning. I tend to get amped up to get myself out of bed, which ends up setting an anxious tone for my whole day. Starting off by relaxing with a short guided meditation is pretty effortless and sets a much more pleasant tone for the day.

I've commented elsewhere that I don't follow a "hedonic regimen" for the reason that I think it ends up becoming a chore rather than maximizing pleasure. If anything, I prefer a "hedonic menu". The same applies for meditation. There is a great variety of meditation techniques: you might call these tools to work on your pleasure engine (credit to [Joshua](#) ). Use one as long as it feels valuable to you but feel free to switch to another. Or to none at all. We're trying to maximize pleasure but not to become Zen masters 😎