

Meditation and Epicurean Philosophy (?)

Post by “Pacatus” of January 12, 2022 at 1:46 AM

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Thank you so much for that! I recently stumbled on just that phrase (in my own mind) when I was having difficulty: "Enjoy your breath." With some past experience of Centering Prayer and TM, I have sometimes coupled a simple short word/ phrase with the breath, just to remember. But I had forgotten. 😞 As Ram Dass once said: The most difficult thing can be to remember -- to remember ...

And this beautiful meditation connects the body and mind in a unified way. Thank you for reminding me ... 😊 I need to resurrect this simple practice.