

Meditation and Epicurean Philosophy (?)

Post by “Godfrey” of January 12, 2022 at 2:04 AM

I've done both the focused sitting and the active version and find both of them relaxing and centering. Most often these days as I'm in the midst of some activity I'll notice tension somewhere in my body, typically my shoulders or lower back, then consciously relax the tension and take a few conscious breaths as I continue to relax the tension.

Ahhhhh... With a bit of practice it's very effective.