

Meditation and Epicurean Philosophy (?)

Post by “Kalosyni” of January 12, 2022 at 1:40 PM

Some thoughts today...in regard to meditation, just thinking to point out that it doesn't lead to the understanding of the nature of things, or the best way to live.

So it is important to see it as form of enjoyment, or a kind of pleasure, but it cannot be relied upon as a complete cure (which is one reason why I left Buddhism). And I think it was said somewhere on the forum that there is no evidence that Epicureans did meditation. As a form of pleasure, meditation could be a tool for pleasure, and it would depend on a given person's inclinations. It is possible that going for a short walk gives equivalent health benefits, and possibly more pleasure.

The best way to live has many components...and I am still working out what the Epicurean philosophy brings to life-long well-being...to see a big-picture view of Epicurean philosophy.