

Episode One Hundred Five - More From Torquatus On The Key Doctrines of Epicurus

Post by “Joshua” of January 16, 2022 at 12:30 PM

We did a good job for once of sticking to the details of the text, so I don't have much to add this week.

Show Notes:

That elusive Cicero quote;

Quote

If I am mistaken in my opinion that the human soul is immortal, I willingly err; nor would I have this pleasant error extorted from me; and if, as some minute philosophers suppose, death should deprive me of my being, I need not fear the raillery of those pretended philosophers when they are no more.

This quotation might be spurious--I at least cannot find any citation. It was attributed to Cicero as early as the 1850's. *Mea Culpa!*

Sydney Morganbesser; scroll down for several humorous [anecdotes](#).

The Brazen [Bull](#) of [Phalaris](#)

[On the Nature of the Gods](#), also by Cicero.

John Mulaney; [Being in the moment](#)

[Mindfulness](#); Is it [Overhyped](#)?

I was somewhat critical of the 'mindfulness movement' that's been raging for the last decade and a half. But in this, as in all things, I take an Epicurean view of choice and avoidance. If mindfulness brings pleasure or removes or avoids pain, then pursue it! What I reject is specifically the idea that mindfulness is inherently good, or absent-mindedness bad.