

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

Post by “Don” of January 24, 2022 at 8:03 AM

[Quote from Joshua](#)

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

I'll be the first to say I find John Mulaney funny, and I agree that "mindfulness" may be overhyped or better stated, become just another commodity to be monetized. However, I believe it is objectively true that we can only live in the present moment (literally) because that's where we make our choices and rejections. There's nothing "wrong" with daydreaming and letting your mind wander ("not all those who wander are lost"). But we do that *now* and can make that choice now... Even deciding to "let it happen" is a choice of sorts.

I'm also intrigued by the interoception research going on and its connection to mindfulness (writ large) and that potential connection to Epicurus's philosophy of "listening to your feelings" of pleasure and pain: <https://www.theguardian.com/science/2021/a...g-interoception>