

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

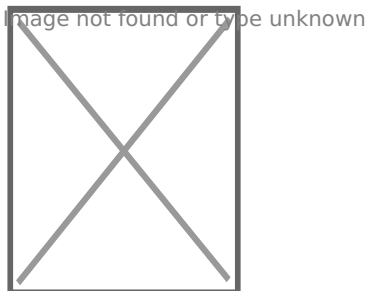
Post by "Scott" of January 25, 2022 at 2:26 PM

[Quote from smoothiekiwi](#)

I can't even find an example when mindfulness is bad or has harmful effects

I agree @smoothiekiwi, Mindfulness is used for what most folks would consider "positive" purposes - generally. I have it as a technique I keep in my back pocket & I employ it often. It can be a positive tool And being "mindless" all the time is not a great option, IMHO. **But**, just to make a point ...Mindfulness as a technique can and has been used for about anything. On the extreme end, there is no reason a serial killer or assassin couldn't use it to better focus, control tension and anxiety when attempting a kill, etc. As a concrete example along these lines, Mindfulness is being used for training elite US (and other countries) military personnel - and not just for things like recovery from PTSD, but even for them to be better able to perform in high tension combat situations.

<https://www.psychologytoday.com/us/blog/mindfu...-special-forces>



[Mindfulness training as cognitive training in high-demand cohorts: An initial study in elite military servicemembers](#)

Cognitive ability is a key selection criterion for entry into many elite professions. Herein, we investigate whether mindfulness training (MT) can enh...

www.sciencedirect.com

<https://www.army.mod.uk/people/join-well/managing-stress/mindfulness-course/>

<https://www.epicureanfriends.com/thread/2339-episode-one-hundred-five-more-from-torquatus-on-the-key-doctrines-of-epicurus/?postID=16229#post16229>