

A Post At Facebook Relevant to Activism And Living As An Epicurean

Post by "Pacatus" of May 2, 2022 at 1:48 PM

[Quote from Cassius](#)

I'd to imagine him dancing happily and joyfully in the garden.

I think sometimes we might get caught up in the notion of philosophy involving only mental exercise: study and discussion, thoughts on how to apply a hedonic calculus (or a "virtue calculus" for the Stoics), mind-focused meditation practices (and practices to "condition the mind," as Nate says), etc. The physical comes up more in terms of food and drink, sometimes sex, maybe taking a walk in nature.

But physical exercise can be free (unconditioned) in practice -- and as a practice. Socrates thought that spontaneous dance was the best exercise. As a youth, I did wild, free-form dancing after discovering Zorba the Greek. Later, in middle age, I practiced Tai Chi (very form oriented as a moving meditation). Then I discovered Tandava Yoga, which is like s free-form Qigong (no postures/asanas or prescribed movements) -- and which can be done in a very light way, like Tai Chi -- in which you breathe and allow your body to move as it wishes (that, in itself, is a kind of discipline). I find that I enjoy that very much (as well as, still, the occasional spontaneous dancing).

As Alan Watts once said: "The point is sometimes to go out of your mind -- so you can come to your senses" (rough quote from memory). I have also discovered Laughter Yoga (without the need for jokes, or funny thoughts or gestures).

My problem is a tendency to get lost in my head. Pleasurable, non-directed physical practices are helpful -- once I remember to engage them. 😞