

# June 22nd, 2022 Epicurean Zoom Gathering

Post by "Cassius" of June 23, 2022 at 10:03 AM

## [Quote from Kalosyni](#)

It is almost as if this Epicurean principle is a quick and reasonable short-cut to liberation -- no long hours of meditation are required.

Perhaps not "long hours of meditation" but there are numerous references to the need for "study" or "schemes of systematic contemplation, such as from Lucretius Book One:

Our terrors and our darkneses of mind

Must be dispelled, not by the sunshine's rays,

Not by those shining arrows of the light,

But by insight into nature, and a scheme

Of systematic contemplation. So

Our starting-point shall be this principle:

Nothing at all is ever born from nothing

By the gods' will.

Probably it is really important to distinguish between:

(1) Sitting on the floor with eyes closed, lotus style, palms up, evacuating your mind, and humming, as against -

(2) Rigorously and energetically engaging in a systematic and reasoned pursuit of the study of nature, observing numerous facts, evaluating them reasonably to determine views that can be held with confidence, rejecting and even spitting on the worthless and imaginary, holding in contempt those who say that such pursuit is not necessary, and then "never ceasing to speak the words of true philosophy."

Maybe it's just me but I see quite a difference between the two approaches 😊