

Episode One Hundred Forty-One - Proclaiming Epicurus To The World: Diogenes of Oinoanda (Part One)

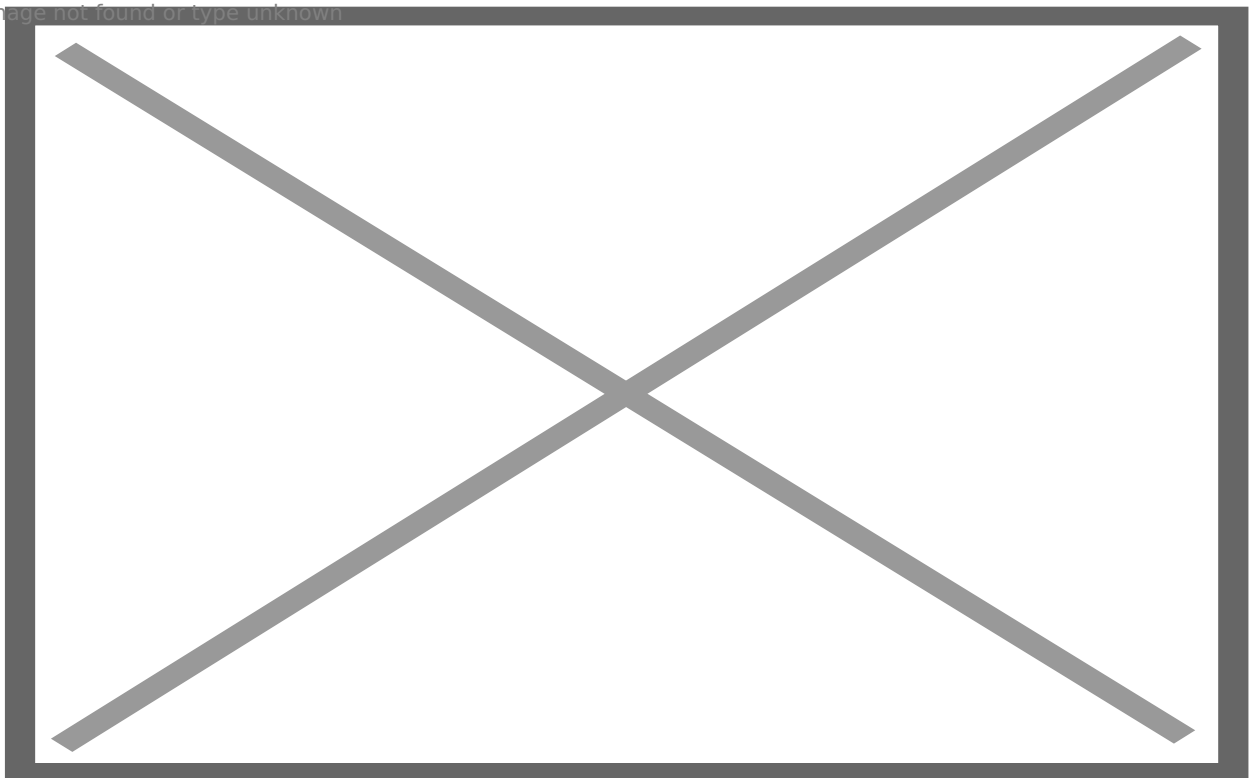
Post by "Don" of September 26, 2022 at 10:30 PM

[Quote from Kalosyni](#)

Mindfulness sometimes could end up being too focused inward or on inner sensations.

I don't think so. In listening to Siegel's audiobook, I'm seeing mindfulness as a way of interacting with everyday experience, not something that comes and goes or has a singular focus or is something someone "does" but rather how they experience their lives (while practicing the skill to make it more readily available in everyday life). This page from Positive Psychology sort of gets at where I'm beginning to come from:

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[What Is Mindfulness? Definition + Benefits \(Incl. Psychology\)](#)

What mindfulness is, how it originated & why it has become so popular.
positivepsychology.com

Quote

<https://www.epicureanfriends.com/thread/2672-episode-one-hundred-forty-one-proclaiming-epicurus-to-the-world-diogenes-of-oino/?postID=19988#post19988>

According to the American Psychological Association (APA.org, 2012), mindfulness is:

“...a moment-to-moment awareness of one’s experience without judgment. In this sense, mindfulness is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them.”

As we can see, mindfulness is a state that can be brought on through practice. It’s not static, nor are some people ‘born more mindful’ than others. It involves awareness, and impartiality about what we gain from this awareness. In an age of social media, where opinions, likes, and commentary are more than forthcoming, it’s easy to see how non-judgmental reflection can be a welcome change.

and later

Quote

Cambridge Dictionary

“[Mindfulness is] the practice of being aware of your body, mind, and feelings in the present moment, thought to create a feeling of calm.” (Emphasis added)

This idea of a grounded, calm awareness from which to clear-headedly (is that a word?) assess what is happening to you to better decide what to pursue and what to reject seems - to me - to be why Epicurus would lay just emphasis on "that which neither pains the body nor troubles the mind" (Menoikeus, 131) and on "the health of the body and... the tranquility of the mind" (Menoikeus, 128)