

# **Episode 155 - "Epicurus And His Philosophy" Part 11 - The Canon, Reason, and Nature 02**

**Post by "Don" of January 10, 2023 at 7:28 PM**

Your discussion of consciousness aware of itself brought to mind the capacity to be aware of watching your own thoughts. I can easily think "I need to stop thinking about lunch" and realize I need to stop thinking about lunch and redirect my thoughts to the task at hand. Noting one's thoughts as they come up in your mind is a common method of mindfulness meditation. So, knowing that we're thinking particular thoughts is a common occurrence.

I just want to make sure you're not talking about that when you talk about some "philosophical" idea of "consciousness only aware of itself."

I'm also curious of how you account for dreaming when the senses are not tuned to external stimuli. The sensations are not active. Only the faculty of the mind is active.