

Meditation and Epicurean Philosophy (?)

Post by “Pacatus” of November 17, 2023 at 5:52 PM

There are many kinds of meditation/contemplation – and they need not be mutually exclusive. I especially liked [Kalosyni](#) 's “enjoying the breath,” for example: it helped me move from an effortful “focus on the breath” to feeling the pleasure of just breathing.

With that said, [Eoghan Gardiner](#) has recently mentioned doing “lectio divina” using Epicurean texts. That might be similar to [Don](#) using the tetrapharmicon (in Greek).

Another is the Eastern Orthodox use of icons for visual meditation/contemplation. I think people have used images and busts of Epicurus for a long time. But, for me, Geneva Catalano’s artwork provides a new dimension in that regard. For example, I am using a copy of her “Elder Epicurus” on my computer screen (I hope that’s okay @Nate). But the one I’m really looking forward to is the larger version of her “A Day in the Garden” – a framed version of which (when it arrives) will hang on the wall in my “office,” facing where I sit every day. [RE: "A Day In The Garden: Epicurus, Hermarchus, Leonteus, Themista, Hippoclidus, Polystratus, and Alexandria" by Geneva Catalano \(2023\)](#)

I have a copy on my computer as well, and I find that contemplating it brings me a feeling of peace/serenity. It will be the first thing that I see every day (after the coffee pot). And it will be available to me throughout the day – for nonverbal meditation/contemplation.