

# Meditation and Epicurean Philosophy (?)

**Post by “burninglights” of November 17, 2023 at 7:46 PM**

A mindfulness meditation exercise I've really come to enjoy is to take in a slow, deep breath from as low in my abdomen as I can, let my stomach fill up 360 degrees, and then release and let my stomach deflate effortlessly (as opposed to a controlled release).

Sometimes I just focus on my breath, or sometimes I couple this with a visualization, such as a small stream that ran near my house when I was a kid.

I find the stream to be a good visualization of the mental 'thought stream' and I find that image particularly helpful for placing the thought into its proper context as part of an endless stream, which I can let go of and watch drift away.