

Meditation and Epicurean Philosophy (?)

Post by “Bryan” of November 17, 2023 at 10:39 PM

An easy, relaxing and beneficial meditation (focusing the mind, ἡ ἐπιβολή τῆς διανοίας) is to listen to Lucretius on an audiobook with reduced speed and picture everything as though it is a movie.

I am unable to engage in any secondary activity while doing this. If my mind wanders away from producing the movie at any point I just rewind the audiobook a minute and pick the movie back up.