

# Meditation and Epicurean Philosophy (?)

Post by "Cassius" of November 18, 2023 at 1:48 PM

For example, right after I closed the thread, Eoghan sent me this:

"My only real hesitancy with mindfulness et al is that it seems it falls into the same trap as modern Stoicism does, which is to say it takes one small part of a larger system. (mindfulness for Buddhism - Ethical living/virtue as the sole good for Stoicism). A lot of Buddhists I know would say that the point of meditation ultimately is to obtain the right view which is to understand the 4 part cure, 8 fold path, Samsara etc... But if it is having discernible benefit for you (helping you live pleurably) then I think it's good but be very careful as these techniques are hard to separate from their tradition."

I suspect a lot of us have thoughts like that, while others who are more into mediation will feel a lot stronger in support of it. Before we open up that public discussion let me talk to the moderators about it.

Edit:

I also want to comment on this that Eoghan said: "*But if it is having discernible benefit for you (helping you live pleurably) then I think it's good but be very careful as these techniques are hard to separate from their tradition.*" That's stated well, but it's worth making clear that it would not be sufficient just to consider "meditation" to be a pleasure, because as we all know it is Epicureanism 101 that not all pleasures are to be chosen, and some are to be avoided when they bring more pain than pleasure. Prudence tells us to look into what to expect "all" the ramifications to be, and that's what needs discussion before a section on "meditation" becomes a significant part of this forum.