

Article On Contemplation on the Gods

Post by “Kalosyni” of March 19, 2024 at 5:06 PM

This [article on Contemplation on the Gods](#) brings up the practice of thinking about the gods as blissful. For some people this may not be necessary, but for others who were brought up with the idea of a punishing god, then it might be helpful (as the things we were taught as children can linger on in the back of the mind).

The article lists the following exercises to deconstruct false conceptions of the gods:

Quote

First lesson: change how we think of the divine. ...Instead, think of the god as a supremely happy biological entity existing within our universe, not above it.

Second lesson: let's imagine ourselves as living amongst the gods.

Third lesson: picture multiple gods.

Fourth lesson: view the gods as embodiments of happiness. ...*we ought to make statues of the gods genial and smiling, so that we may smile back at them rather than be afraid of them.*

The proposed exercises in the article suggest a jump off point and give some food for thought. It does bring up in my mind questions about what exactly Philodemus said about "placing before the eyes" practices.

[Bryan](#) and [DavidN](#) and [Cassius](#) what are your thoughts?