

# Epicurean Outreach Opportunity - Respond to Article on Spirituality

Post by “Patrikios” of February 28, 2025 at 8:13 AM

[Quote from Bryan](#)

We know the soul is composed of subtle atoms in our body -- and we have the ability to control the movement of those atoms.

I thought that Epicurus used “soul” to refer to that which conveyed our thoughts to our body, muscles; which we know today as our nervous system. So, are our spiritual feelings innate Prolepsis of the gods, or just higher aspects our nervous system that we can attempt to control through breath work.

If my understanding of Epicurus view of the soul is incorrect, please explain.