

# Epicurean Outreach Opportunity - Respond to Article on Spirituality

Post by "Cassius" of February 28, 2025 at 8:53 AM

Let's get input from several people on this including Bryan but one preliminary comment I would make is that I read Lucretius (and therefore presumably Epicurus) as using words that are translated as "soul" and "mind" and "spirit" somewhat interchangeably, so I would be cautious about dividing them up more specifically without very clear text references.

## [Quote from Patrikios](#)

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.

So as to this question I tend to think that anything regarding consciousness (which would include words like nervous system and mind and soul and spirit, and the *processing* work of the mind, including prolepses (which is related to images and how they over time shape our thoughts) is going to be generally considered to be a function of the soul/mind/spirit part of the body, but getting much more specific beyond that (especially "control through breath work") is going to be hard to do from the existing texts.

Bryan?