

# Possible use of the Pythagorean exercise called "evening review" for Epicurean purposes.

Post by "Cassius" of December 19, 2025 at 4:37 PM

Thanks for posting Daniel and welcome to the forum.

[Quote from Daniel188](#)

What do you think about all this?

[Quote from Daniel188](#)

Today I'd like to present a method for developing self-awareness that I originally learned from the Stoics. I believe this method can be used to pursue the Epicurean telos.

First of all in suggesting this, have you thought about what the Epicurean telos is and how it relates to setting a goal of developing self-awareness?

How would you explain that to someone who came across this post on the forum and thought to themselves: I thought this was an Epicurean forum, not a Stoic forum?

Since you are new here and others don't know "where you're coming from" in suggesting this, before we go too far with it there are fundamentals to examine. First, we should examine the thought process in how and when we can look to Seneca or to any other Stoic for anything other than *gross philosophical malpractice* and perpetuating the *wrong* approach to the nature of the universe and to living.

Very possibly you're much more advanced and better read than me or others here. However since there's no way for us at this point to know that, please explain your thought process in asking the question.