

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

Post by "Cassius" of December 19, 2025 at 4:52 PM

To elaborate on my post a little further, I note that D. tells us that he is "relatively new to Epicurean philosophy but am very eager to learn more and your site appears to have an amazing wealth of materials."

It's definitely possible to answer the question posed by the post in a positive way without implying that Pythagoras or Seneca have any merit in terms of any advice they might offer to Epicurean philosophy. However the elephant in the room is that Pythagoras was an awful influence on Greek philosophy, and the life of Seneca displays the worst aspects of adopting Stoicism as a guide, leading to the hypocrisy which Thomas Jefferson and Nietzsche and many others have condemned.

So maybe the first step in developing our skills in "self-awareness" includes being aware of who should and should not be cited and followed as being beneficial authorities and influencers.