

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

Post by "Kalosyni" of December 19, 2025 at 5:47 PM

[Quote from Daniel188](#)

My intention wasn't necessarily to demonstrate that Seneca could offer any useful philosophical advice for Epicureans. Rather, I'm aiming to distill the specific exercise itself. In this case, regularly reviewing everyday events in order to learn from them.

In fact, I could have omitted Seneca's quote from this post altogether. I included it more as a curiosity that some ancient people used something like this.

I didn't see this post till after posting my reply.

But it is ending up as a fun "compare and contrast". (Hopefully fun, lol). 😊