

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

Post by "Cassius" of December 20, 2025 at 5:43 AM

i haven't closely studied issues involving meditation, but this discussion reminds me of that. I seem to recall we have one or maybe more threads with people talking about hazards of meditation at least in certain circumstances, so I will see if I can link one or more of those comments.

I'm probably thinking about this one from three years ago:

Thread

[Meditation and Epicurean Philosophy \(?\)](#)

Admin Note: This thread is currently closed.

There is no evidence that Epicurus or Epicureans practiced meditation. There are many forum members who have studied Buddhism in the past, and this thread remains here as a reminder to focus on Epicurean goals for how choices of what to do are based on the pleasure that they bring, or the relief from stress that they bring (and not as a kind of virtue/religious discipline to develop as it often becomes for Buddhists). -- October 17, 2024

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Matt

January 9, 2022 at 8:01 PM

"Self-awareness" however is certainly something I agree is desirable, and I also know that I identify "lack of self awareness" as a huge problem.

[Quote from Don](#)

An interesting and worthwhile discussion. Welcome aboard, Daniel188 !

Yes Don is right there are all many aspects of this discussion worth pursuing, so thank you Daniel for starting the topic!