

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

Post by "Cassius" of December 20, 2025 at 5:46 AM

Hmmmm I just noticed in posting that last link that [that thread](#) is "closed."

Not sure what happened there - probably the thread and the reason for closing it needs a revisit at some point! 😊

Ok I just scanned over that thread and now I expect that my subconsciously remembering it is part of the reason I responded to Daniel's initial post the way I did.

I'd put the Seneca quotation in a category similar to what I think Don (?) has cited in the past about Cicero exploring techniques for improving memory such as the "walk-through-the-house" (?) method. Nothing wrong with posting about that kind of thing at all.

If I'm remembering correctly most of the "concern" would probably be about pursuing certain specific "meditation" techniques such as are associated with eastern/buddhist ideas. I think Kalosyni and others know a lot more about issues there than do I.

At the moment however that doesn't seem to be the topic so we can defer those issues to another place and time unless/until someone wants us to open another thread on them.