

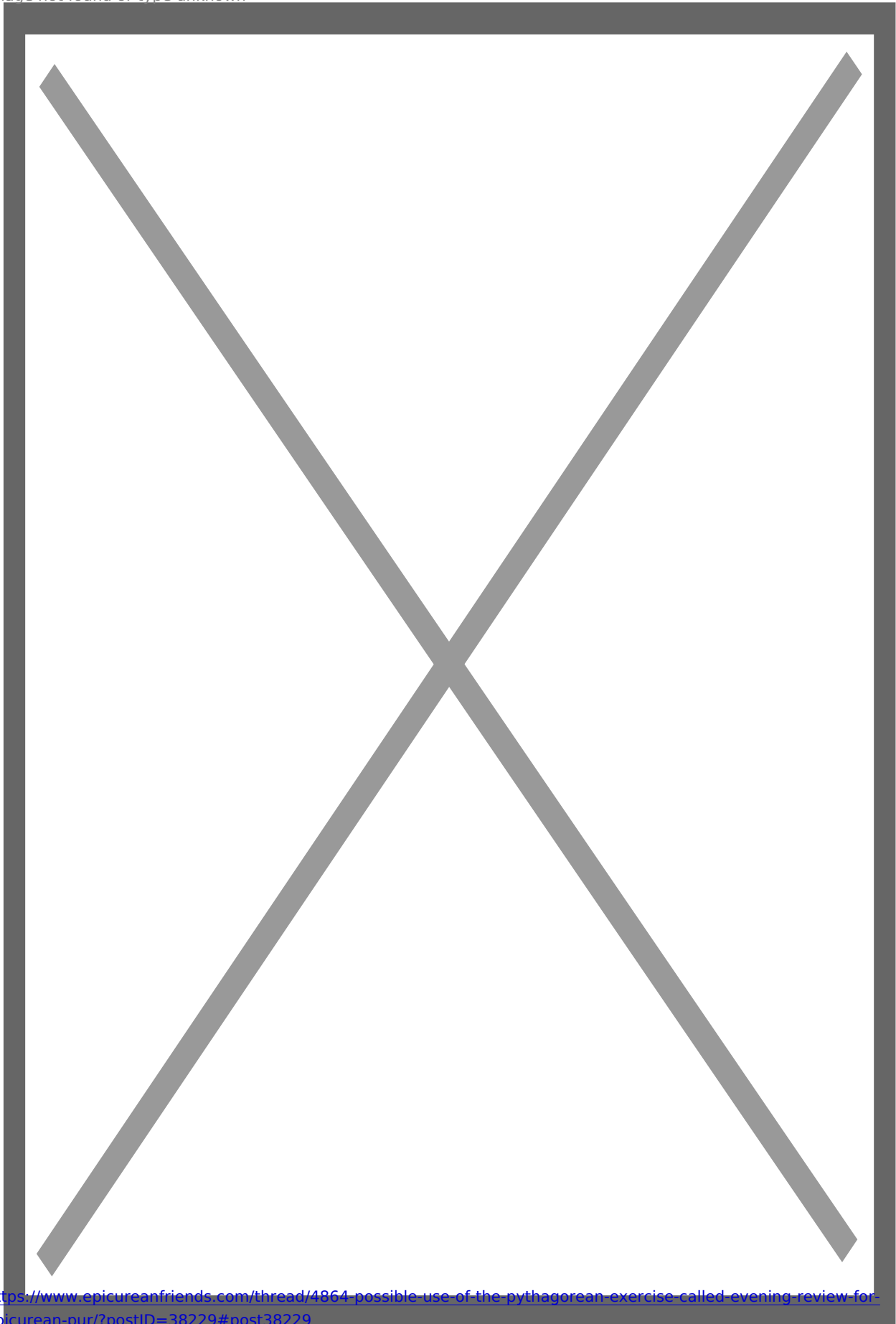
Possible use of the Pythagorean exercise called "evening review" for Epicurean purposes.

Post by "Don" of December 20, 2025 at 7:27 AM

[Quote from Cassius](#)

about Cicero exploring techniques for improving memory such as the "walk-through-the-house" (?) method

Image not found or type unknown



[Method of loci - Wikipedia](#)

en.wikipedia.org

The method of loci is a good example of an ancient cultural meme (for lack of a better term) that was available to everyone and all schools of philosophy. It seems many times these techniques or tools get associated with a particular school (many times the Stoics since that's the one that was acceptable or malleable or able to be appropriated by later authorities, ex, Christians), but that doesn't mean it's *their* proprietary tool or technique.