

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

Post by "Daniel188" of December 20, 2025 at 12:55 PM

[Quote from Cassius](#)

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.

That's basically what I had in mind when writing this post. These types of techniques can be used for various purposes. Cicero's technique for improving memory can also be usefully applied to Epicurean matters. For example, you can memorize basic doctrines in this way, so you always have them at the back of your mind and within reach.

I'm betting that the ancient Epicureans probably had their own set of various practices. One need only look at the organization of Epicurean gardens and the various ritual practices they employed to perpetuate their philosophy and maintain communal bonds. But we probably don't know about many of these things because the texts haven't been preserved. In fact, hostile actions were directed against the Epicureans to erase their teachings.