

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

Post by "Kalosyni" of December 23, 2025 at 7:15 PM

[Quote from Patrikios](#)

In "Choosing to Remember and to Forget," Hiram Crespo speaks of *nuktos meleta*, the evening practice that Epicurus himself prescribed.

A word of caution here, that the writings by Hiram that are referred to in the above post can be characterized as unique interpretations of Epicurean philosophy that: at times incorporate elements and ideas from external sources -- and at times are speculative in nature (do not come from direct textual evidence).

[Quote from Patrikios](#)

Did we accomplish what we set out to do? Did we treat others with the kindness and fairness we expect for ourselves? Where did we fall short, and what might we do differently tomorrow to move closer to *ataraxia*?

If we look directly at the Letter to Menoeceus we see at the end of the letter this paragraph:

"Meditate therefore on these things and things akin to them night and day by yourself; and with a companion like to yourself, and never shall you be disturbed waking or asleep, but you shall live like a god among men. For a man who lives among immortal blessings is not like unto a mortal being."

It says that the time to practice is "night and day" so this instead refers to doing it all the time (not just at night). And we see no mention of striving for a "perfect" *ataraxia* (by analysis of how we might have fallen short). The Letter to Menoeceus doesn't mention "treating others with kindness and fairness", but it does talk about dealing with the fear of death and also making good choices and avoidances.

So the best way to determine what Epicurus taught is to read the ancient extant texts, and I highly recommend doing so.