

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

Post by "Bryan" of December 24, 2025 at 9:30 AM

[Quote from Kalosyni](#)

at times incorporate elements and ideas from external sources

Certainly so,

[Quote from Patrikios](#)

Second, and equally important, this practice culminates in zuowang—sitting and forgetting.

Quote from Hiram

"Taoists have a technology of the self for discarding memories: [zuowang](#) (sitting and forgetting). Although some descriptions of this practice sound mystifying..."

Hiram does a lot of great work, but, as he says in the article, "[zuowang](#)" is Taoist.

Pulling these definitions of Zuowang from the wikipedia article:

- "oblivious of oneself and one's surroundings; free from worldly concerns" - [Liang Shih-chiu](#) & Chang Fang-chieh
- "oblivious of one's surroundings, free from worldly concerns" - [Lin Yutang](#)
- "to be oblivious of oneself and one's surroundings, to be free from worldly concerns" - [John DeFrancis](#)