

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

Post by "Daniel188" of December 24, 2025 at 11:20 AM

[Quote from Bryan](#)

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

This doesn't really seem like a good goal for reflective practices. I've read Hiram's book, and he listed various techniques there, but in my opinion, any meditation techniques focused on calming the body and mind are of limited use.

For example, let's look at meditation practices (popular ones associated with Eastern doctrines). We have practices like focusing on the breath, sitting quietly, body scanning, etc. These are good methods for relaxation, but beyond relaxation, they don't really offer much.

Such practices can't offer increased awareness. If we just sit and do nothing, ignoring all thoughts, we feel relaxed, but this doesn't bring awareness to daily habits or generate new ideas.

The situation is different if we regularly try to recall our actions and various situations that happen to us in order to increase our agency. This is a form of engaging in deliberate reflection. Meditation techniques focus more on disengaging from thinking.