

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

Post by "Cassius" of December 24, 2025 at 12:02 PM

Also as to "forgetting" there are obvious common sense aspects to choosing what you focus on. Beyond that, I would consider'. Are there any specific Epicurean texts that suggest practicing forgetfulness? I tend to focus on the specific statement in Diogenes Laeetius that the wise man will feel his emotions more deeply than will others.

Also as another general consideration I think it's a very bad idea to continue using terms from other languages without being specific as to how they translate. Obviously any analysis starts with exploring the etymology, but after that, continuing to use untranslated terms can lead to more confusion than light. We should work for clarity above all, and continuing to fail to translate can imply a kind of insider jargon or esoteric truth available only to a few that is a turnoff to those who are sincerely looking for practical benefit.