

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

Post by "Don" of December 24, 2025 at 2:48 PM

[Quote from Daniel188](#)

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.

[Quote from Cassius](#)

choosing what you focus on.

[Quote from Cassius](#)

I tend to focus on the specific statement in Diogenes Laeetius that the wise man will feel his emotions more deeply than will others.

I would offer that one of the aims of this kind of meditation practice is to pay attention to the feelings of your body. I'll admit the Buddhist practice is to notice those feelings then let them pass; however, becoming more attuned to what your body is telling you rather than ignoring or lying to oneself is in line with an Epicurean life. Training oneself to tune into your body's feelings is the first step in deciding what really causes you pain and pleasure.