

Article on the "Letter to Marcella" by Porphyry

Post by "Mike Anyayahan" of February 1, 2020 at 11:40 AM

[Quote from Cassius](#)

"Minimalism" is the wrong goal for the obvious reason...

This is why I avoid using the term "mindfulness" the way Zen Buddhists use it. Instead, I prefer the word "mindset" to describe the state of mind while in the process of prudence.

For instance, I'd choose to be frugal only because my eagerness to reap a much greater pleasure out of it afterward sets my mind to keep being frugal. Therefore, I do it not because it's my ascent to frugality.

On the other hand, I'd put a limit on frugality not because of my ascent to self-control or freedom of choice but because a need for immediate pleasure sets my mind to do so.

In other words, nothing is divine in virtues like courage and temperance. They are just utilities for the pursuit of pleasure, hence nothing to ascend to.

Yes Cassius. DeWitt makes sense to me now. Now I understand why EAHP is highly recommended for beginners of Epicurean philosophy.