

Article on the "Letter to Marcella" by Porphyry

Post by "Cassius" of February 1, 2020 at 12:06 PM

[Quote from Mike Anyayahan](#)

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.

Excellent choice. My experience is very little with people who talk about Buddhism, but the Stoics love the term "mindfulness" so "mindset" seems a good way to distinguish it. Or simply "attitude" as I think DeWitt generally uses.

[Quote from Mike Anyayahan](#)

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

Yes exactly. Such an obvious and simple point, and yet so hard to get people to come to terms with. They should be obviously not ends in themselves, so WHY do them? That question has an answer, and the answer is written inside every one of us, but woe be to those in the mainstream who would dare to admit that they are guided by "feeling!" The "mainstream" is nothing if not about denying oneself - and the Bible makes that very clear!!

[According to this list, FIFTY-FOUR different verses](#), starting with:

[Matthew 16:24](#) Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.

Again, even "denying oneself is obviously not an end in itself, so why do it? That question demands an answer, and Epicurus was brave enough to give it.