

Meditare mortem & Mindfulness of Death

Post by "Hiram" of March 3, 2020 at 7:59 AM

[Quote from Eugenios](#)

The visualizations reminded me of Philodemus' description of the Epicurean practice of setting-before-the-eyes used for therapeutic purposes of combatting the vices of arrogance, anger, etc. An Epicurean variation on this Buddhist practice *could* be a way of setting-before-the-eyes the reality of the finality of death, the dissolution of our atoms, and the preciousness of life.

Nice to meet you here!

I don't remember Philodemus applying "seeing before the eyes" to death, although maybe he did, but his scroll On Death is in my view the most important and valuable in Herculaneum.

<http://societyofepicurus.com/reasonings-abo...demus-on-death/>

I DO wish to point you in the direction of the closing portion of Lucretius' On the Nature of Things. There, Lucretius carries out a somewhat morbid meditation on death that is reminiscent of the Buddhist and Hindu Tantric practices related to acceptance of death by witnessing it.

This portion recently inspired a blog by a Unitarian minister:

<http://andrewjbrown.blogspot.com/2020/02/learni...-shadow-of.html>

where he argues that it's important to adopt Epicurean doctrine about death rather than say "all views must be respected", so as to protect our minds from religious people who exploit our existential vulnerabilities during an epidemic or a crisis. Philodemus DID say something similar to this in Peri Parrhesias, something along the lines of "*Men who are charlatans, too, divert many, **seizing them after some stress** and enchanting them with their subtle kindness.*"