

PD04 - Chronic Illness (Pain) - Migraines and PD 4

Post by “Matt” of January 19, 2021 at 9:28 AM

This idea of chronic pain and illness is definitely key to us understanding why pleasure is the end.

Recently I was very ill. Though it was very brief it reminded me that I take for granted the pleasures I'm accustomed to. I lost my sense of taste and smell, fortunately it's back at about 80%, nowhere near perfect. But for some it can be permanent.

During the time I was “away” from Epicurean living, I still was often reminded of its truth. But I think my recent illness and the time I spent meditating on the nature of things and how I desired to “feel” normal exceeded any metaphysical ideal or philosophy.

Having an illness may make a person no longer take for granted that pleasure is critical to a healthy mind and body. Kind of an Epicurean revelation or epiphany!

A few years ago, I had a ridiculous accident where I destroyed my knee and also severed a nerve in my leg, giving me a permanent limp, like an Epicurean Epictetus. Lol

I needed multiple surgeries, nerve grafts and finally a tendon transfer. All these things were very depressing and painful. I suppose I could've been swayed to become a Stoic had I met that philosophy first. Coincidentally during that time I discovered EP and the EP group on FB. I think that the things that I absorbed during that time from conversations and reading epicurean materials absolutely got me through that difficult time.