

# An Epicurean Understanding of Pleasure

Post by "Don" of October 4, 2021 at 11:05 PM

I'm late to the game (mea culpa!), but here are my thoughts as a slight edit. Overall, I think you're definitely on the right track. Thanks for putting the list together!

1) Do not chase desires that can never be fully satisfied.\*

1a) Enjoy the occasional luxury when it comes your way.

2) Flee\*\* from bodily and mental pains unless greater pleasure may be the result.

3) Take pleasure in the study of philosophy which leads to tranquility and peace of mind.\*\*\*  
(with a nod to [Godfrey](#) )

4) Cultivate and enjoy friendships with like-minded people.

5) Savor the sweetness of life.

5a) Neither cause harm to yourself nor to others.

6) Realize that at a certain point enjoyment comes to it's totality, and any additional pleasure is like "icing on a cake". (I like the idea you're getting at here and it's an important one... just wondering about the wording. I actually like the "icing on the cake" metaphor.)

\*1: I'm trying to get across the pursuit of limitless wealth or limitless power. Those cannot be filled and usually defined as "empty" in the original texts. But the way I've worded it could be misconstrued.

\*\*2: I was going to say "avoid" but I don't like that, as in the conventional wording of "choice and avoidance". The original Greek has the connotation of "fleeing"... Choice and flight. Always struck me as much more active.

\*\*\*3. The idea of tranquility and peace of mind still appeals to me. I find it easier to appreciate pleasures with a tranquil mind, and, from my readings of the text, Epicurus backs this up. I recognize that tranquility isn't the goal, pleasure is. But tranquility/peace of mind makes appreciating pleasure much easier from my perspective.