

An Epicurean Understanding of Pleasure

Post by “Kalosyni” of October 6, 2021 at 2:18 PM

After reading the above posts, some ideas come up:

It seems that one could do a hedonic calculus when making choices, but if the underlying assumption is that short-term physical pleasures are equally as important as long-term mental pleasures, then the long-term results will be a mixed bag (pleasure mixed with pain or pleasure resulting in pain), and/or one will find oneself on a never-ending hedonic treadmill.

So an Epicurean philosophy of life would be a life of guaranteed continuous pleasures ---- of a medium intensity (a nice well built fire to warm oneself together with one's friends) vs. a high intensity (too much fuel on the fire burns out too quickly). And this would be the difference between the Epicureans and the Cyrenaics.

PD 27 - Of all things that wisdom provides for living one's entire life in happiness, the greatest by far is the possession of friendship.