

# An Epicurean Understanding of Pleasure

Post by “Godfrey” of October 7, 2021 at 7:46 PM

LM 127, Epicurus Wiki: *One should keep in mind that among desires, some are natural and some are vain. Of those that are natural, some are necessary and some unnecessary. Of those that are necessary, some are necessary for happiness, some for health, and some for life itself. A correct view of these matters enables one to base every choice and avoidance upon whether it secures or upsets bodily comfort and peace of mind - the goal of a happy life.*

LM 127, Long and Sedley's The Hellenistic Philosophers: *We must reckon that some desires are natural and others empty, and of the natural some are necessary, others natural only; and of the necessary some are necessary for happiness, others for the body's freedom from stress, and others for life itself. For the steady observation of these things makes it possible to refer every choice and avoidance to the health of the body and the soul's freedom from disturbance, since this is the end belonging to the blessed life.*

Skipping over meats for a moment, there's the above from the Letter to Menoecus. The underlined portion, to me, says that without understanding the categories of desire we wouldn't be able to make proper decisions relating to pleasure. Which implies, to me, that if we want to usefully rank anything it would be desires, not pleasures.

I still want to dig into the PDs, but I just ran across this 🤔