

Differences between Epicureanism and Cyrenaicism

Post by "Don" of November 4, 2021 at 3:30 PM

[Quote from Cassius](#)

There is no true rest in human life (or in the universe for that matter) because all atoms are constantly in motion. "Rest" is a fiction of the Platonic imagination because his realm of forms (which does not exist) is the only place where "things" allegedly remain immovable and the same. There is no "horseness" - only horses, and there are in my view no real pleasures that can be considered unmoving or at rest, only some which last longer than others.

I have to take some issue with your conflating "rest" with Platonic ideals. I may be reading too much into your post, but here's my response anyway.

If there were "no true rest in human life" that would be an abominable situation. We have to find some "rest" in the storm, otherwise we're at the mercy of the storm, tossed wave to wave. Epicurus defines (in some places) a pleasurable life as "health of the body and tranquility of the mind." That's the kind of "rest" I would say he advocated. You can't lead a pleasurable life if your body is unhealthy and your mind is troubled by fears and agitated by anxiety or anger (for example). In fact, pleasure can be more fully experienced in that state of health and "peace of mind." There's no hint of a Platonic ideal, just practicality. That tranquility (ataraxia in the phrase "tranquility of the mind") isn't the goal, but it is a pleasurable experience; plus I find it interesting that it's origin it's in a metaphor of calm seas.