

Epicurean Change

Post by “Matt” of April 8, 2022 at 8:39 AM

Well I've been gone for awhile with some pretty stressful things at work and at home over the last couple months...but that spring renewal is here.

As of late, I have had some Epicurean wisdom in action, and I have made some significant changes based solely on pursuing my own pleasure. The hedonic calculus or spectrum, or whatever we call it is a real quantifiable thing. Experiencing certain pains to pursue greater pleasure are sometimes necessary. This state of the pursuit pleasure is the natural state of human behavior, surrounded by a cloud of illusory constructs that tell us to reject this natural state. Those constructs are wrong...they keep us from pursuing pleasure.

You never truly realize how muted our behaviors and perspectives are until you get that blast of pleasure and you realize that you haven't truly been living...this can last years.

So Epicurean wisdom must be lived. There is a danger of only receiving Epicurean philosophy in an intellectual or stoicized manner and still live in a state of anesthesia without pleasure. It makes sense in the mind, but the body misses out. I can say that was my situation for awhile. But no more...

Live it.

<https://youtu.be/QtMv9r-wjiU>