

# Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.

Post by "Cassius" of May 17, 2022 at 5:32 PM

## [Quote from Godfrey](#)

I ask this because my reaction to this specific quote is that it's even more necessary to seek pleasure and avoid pain in an unsafe environment.

Yes I think you've pointed out the issue in Kalosyni's original wording.

From the highest-level point of view, our orientation is that we are ALWAYS seek to obtain pleasure and avoid pain.

The issue is that from the moment-to-moment point of view we can and often do choose pain so as to obtain a greater pleasure, or to avoid a worse pain.

This is the continuing problem of labels like "hedonism" and accepting the negative stereotype that the Epicurean is going to be a slacker and pursue momentary or lesser pleasures rather than to undergo the pain and effort that are often required to obtain more important goals. Epicurus makes very clear that that is not true, but calling him a "hedonist" or a "pleasure-seeker" obscures the big picture given the corruption of the language.