

Is there a notion of cultivating "sensitivity" in Epicureanism?

Post by "Cassius" of May 27, 2022 at 8:59 PM

Most of that is beyond my experience to comment on, but it does call to mind this passage in the biography of Epicurus, which indicates to me that he would be interested in the direction you are studying. Hopefully others who are familiar with some of those therapies will have more helpful comment.

Epicurean ethics

But as to the conduct of life, what we ought to avoid and what to choose, he writes as follows. Before quoting his words, however, let me go into the views of Epicurus himself and his school concerning the wise man.

There are three motives to injurious acts among men—hatred, envy, and contempt; and these the wise man overcomes by reason. Moreover, he who has once become wise never more assumes the opposite habit, not even in semblance, if he can help it. He will be more susceptible of emotion than other men: that will be no hindrance to his wisdom. However, not every bodily constitution nor every nationality would permit a man to become wise.

Even on the rack the wise man is happy. He alone will feel gratitude towards friends, present and absent alike, and show it by word and deed. When on the rack, however, he will give vent to cries and groans. As regards women he will submit to the restrictions imposed by the law, as Diogenes says in his epitome of Epicurus' ethical doctrines. Nor will he punish his servants; rather he will pity them and make allowance on occasion for those who are of good character.