

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

Post by "Kalosyni" of May 27, 2022 at 10:02 PM

Some thoughts regarding the question: "Is there a notion of cultivating "sensitivity" in Epicureanism".

I would say that for myself, I am cultivating the ability to be aware and to reason regarding the nature of pleasure and pain in my body and mind. This would be based on several of the Principle Doctrines.

PD8 -"No pleasure is bad in itself; but the means of paying for some pleasures bring with them disturbances many times greater than the pleasures themselves."

[PD29](#) -"Among desires, some are natural and necessary, some are natural and unnecessary, and some are unnatural and unnecessary (arising instead from groundless opinion).

[Quote from Root304](#)

I've mainly been intrigued with the ideas in Internal Family Systems therapy, where the mind is seen as having a multiplicity of personalities that we engage with in a social way in the therapeutic space (the inner critics, the inner children, ect). The angry inner voices are "entities" we should engage with.

I am not familiar with this therapy, nor the others you mention.

You might like to look into the writings of Philodemus "On Anger". I haven't studied it, but [Don](#) has, and could point to threads or material to read.

Some further thoughts -- Modern therapy is very different than Epicureanism, and according to this [Wikipedia article on psychotherapy, is thought to have begun in 1879](#). And now there are many new therapies, which may not be "evidence based". I hold a materialist and scientific understanding of the world, and so personally I would avoid any therapy which is not scientifically tested. Here is a website [explaining evidence based therapy](#).

[Quote from Root304](#)

I got a lot of pleasure and a settled mind in doing the work,

That sounds great! So if you find it is helpful and leads to more enjoyment (and less pain) that sounds like it is good for you. We each find pleasure in many different ways. Others here on the forum have other avenues in which they seek pleasure. Life really presents a "smorgasbord" of

pleasure, we just need to open up to it. 😊