

# Natural Wealth and Natural Goods in Epicureanism

Post by "Kalosyni" of August 14, 2022 at 8:33 AM

## [Quote from Cassius](#)

Epicurus makes it plain in the letter to Menoecus that we do not set our sites on "little" but on "pleasure" , and I bet there are other instances of the same thought out there in other texts.

I do believe there is evidence for both **the goal of pleasure AND the goal of well-being, at the same time** -- because Epicureans seek both sides of removing pain and adding in pleasure -- and this could be the difference between Cyreniacs and Epicureans? For Cyreniacs pleasure was physical and only in the present moment, but for Epicureans it is inclusive of bodily, mental, and memory. So for the Cyreniacs over-indulgence (profligacy) would be an okay choice -- but for Epicureans if physical pleasure brings mental regret, than it would be avoided (or avoided if it brings painful consequences).

## [Quote from Cassius](#)

When Horace said "Seize the day" he didn't say "Seize little" or "Seize only what will keep you alive."

I may not correctly understand this idea, but it does seem to justify "seizing" upon one's passions and possibly disregarding the consequences of one's actions -- but maybe that is just a modern interpretation. So I think it is necessary to find the "sweet spot" on this - neither extremes of over-indulgence nor austere frugality.

I realize that I need to come back to this thread and add more regarding Epicurean natural goods.