

Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two

Post by “Kalosyni” of September 12, 2022 at 2:07 PM

[Quote from Cassius](#)

If "freedom from pain" amounts to the highest sensual pleasure, would you expect that "freedom from pain" or "freedom from disturbance" could just as easily have been listed among these (taste / sex / sound / dance) that Epicurus chose to list? If so, why? If not, why not?

Just to clarify -- I am not saying that when you don't feel pain that is exactly the same as pleasure. What I am saying is that if you have some pain mixed into your experience of sensuality then you are not yet experiencing the most pleasurable sensuality. The best experience of sensuality doesn't have pain mixed in to it.

I am basing this on contemplation of the experience of feeling in the body as it arises. So I don't have any direct Epicurean source for this idea.

But I believe that this is important to think about because I believe that this could be at the source of something getting lost in translation. The goal isn't a kind of "boring existence" of neutral feeling in the body which doesn't have pain and therefore qualifies as a state of pleasantness. But the goal is maximizing the sweetest sensations of pleasure by seeing that we haven't yet reached the "purest" feeling of pleasure if we are also still feeling pain in the body (over-indulgences) or the mind (anxiety/fear).