

Confidence in Katastematic Pleasure

Post by "Kalosyni" of February 11, 2023 at 8:17 AM

[Don](#) here are some of my thought to points in post 1 above:

1. Not completely correct -- "strengthening" implies you do all sorts of things. But we only see that this is some kind of result that happens to correspond to removing fear of death and the gods (an after affect).
2. Not correct - impossible to do and where is this in Epicurean philosophy?
3. Not correct - we cultivate prudence so that we don't choose pleasures with cause much worse pains
4. Not completely correct - "Epicurus stresses over and over" -- this is an exaggeration, perhaps we should count when and where this is stated in the texts (how many times?)
5. Correct
6. Don't agree -- sounds Stoic - if that ox was smart he would find some bushes and other oxes to hunker down with instead of standing out in the wind -- luckily we aren't oxes.
7. Too vague -- if you are talking about being confident in your bodily health, and enjoying feeling healthy in the body, then I will agree
8. What about sitting out in the sunshine and the feeling that comes with enjoying that? (And this strengthens the feeling of "health in the body")
9. In my opinion what Metrodorus wrote doesn't take into consideration how the environment that you live in (which contains physical objects) affects your physical and mental well being. We are animals which require certain basic conditions for our physical and mental well being.
10. This seems not completely correct -- I am confident that my next meal will bring pleasure -- is that something which arises only in myself?
11. I don't agree with this "happy on the rack" -- I personally think this "happiness in all circumstances" doesn't make sense to me.