

Welcome Goblin

Post by “Kalosyni” of March 24, 2023 at 9:35 PM

Just for the record, there is nothing wrong with intense pleasure. Overindulgence which leads to pain is generally avoided. Epicureans do eat more than just bread and water, but if that is all there is they will be fine with it.

The following Epicurean verses which further shed light on what is incorrect in the above text by IDRIlabs:

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."

VS21: "Nature must be persuaded, not forced. And we will persuade nature by fulfilling the necessary desires, and the natural desires too if they cause no harm, but sharply rejecting the harmful desires."

VS59: "The stomach is not insatiable, as most people say; instead the opinion that the stomach needs unlimited filling is false."

VS:71 "Ask this question of every desire: what will happen to me if the object of desire is achieved, and what if not?"

From Letter to Menoeceus: "Fourth, we hold that self-reliance is a great good — not so that we will always have only a few things but so that if we do not have much we will rejoice in the few things we have, firmly persuaded that those who need luxury the least enjoy it the most, and that everything natural is easily obtained whereas everything groundless is hard to get. So simple flavors bring just as much pleasure as a fancy diet if all pain from true need has been removed, and bread and water give the highest pleasure when someone in need partakes of them. Training yourself to live simply and without luxury brings you complete health, gives you endless energy to face the necessities of life, better prepares you for the occasional luxury, and makes you fearless no matter your fortune in life."

[VS63](#): "Frugality too has a limit, and the man who disregards it is like him who errs through excess."

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