

# VS11 - Translation and Commentary: VS 11

Post by “Onenski” of May 4, 2023 at 12:14 AM

## [Quote from Don](#)

Epicurus is saying "most people" don't know how to be at rest or how to be active. An Epicurean should be able to find pleasure in both stillness/rest and activity/motion.

I totally agree with this interpretation, [Don](#) .

Today I shared with [Cassius](#), [Kalosyni](#) and [Joshua](#) that it's interesting that rest and motion in VS 11 are related to the two typical (mis)interpretations of epicureanism: in one hand, we have those who say that epicureanism is like cirenaicism, a constant and endless search for pleasures (you know, sex, drugs and rock & roll) and, in the other hand, the ascetics who say that Epicurus was *just* following the tranquility, or calmness.

Evidently, those who (mis)interpret epicureanism in any of those ways commit a similar mistake that people in the case of rest and motion. Life contains both rest and motion and epicureanism understands that and gives tools to find pleasures in them.