

Pleasure vs pain - example and thoughts!

Post by “Don” of May 21, 2023 at 9:08 PM

[Quote from Pacatus](#)

I admit (unapologetically) that I have some Cyrenaic tendencies (while recognizing errors in Aristippus' philosophy that I think Epicurus corrects)

I was looking closer at your post above and wanted to comment on this. And I'm glad you added "unapologetically"! From my perspective and interpretation, the genius of Epicurus was to include *all* pleasures under his umbrella definition of pleasure. He supposedly said he couldn't imagine The Good (ie, pleasure) "without the joys of taste, of sex, of hearing, and without the pleasing motions caused by the sight of bodies and forms." He urged his students to experience joy and merriment. He talked about the importance of "peace of mind, freedom from pain, and a disposition of the soul that sets its limits in accordance with nature." And more! The Cyrenaics seem to have had a narrow definition of pleasure, but Epicurus understood that pleasures come from a myriad of sources. Having a few "Cyrenaic tendencies" doesn't seem to be a problem for him. If they bring you pleasure with minimal painful consequences, enjoy...unapologetically 😊