

# Letter to Menoikeus translation by Peter Saint-Andre

Post by "Don" of June 2, 2023 at 4:35 PM

## [Quote from Elli](#)

With this "sensual" we're going against to this which says: ALL pleasures are good (and those that are kinetic and the spiritual ones which, the spiritual, are just more intense).

I found to my english lexicon: sensual pleasure (physical, sensuous enjoyment). And an example in a sentence: "He often experienced a sensual pleasure when eating a chocolate cake". It is not an evil thing eating a chocolate cake i.e. the kinetic pleasures lead to the spiritual ones and vice versa. So, all pleasures are good!

I agree: All pleasures are good. The problem is when people like the Cyrenaics limit themselves to *\*only\** the pleasures experienced from the senses. They are denying themselves the "spiritual" ones, as you call them.

Of course, it's not evil to eat chocolate cake! I'll be the first to agree to that. However, it would be unfortunate to deny that the memory of that chocolate cake is pleasure, too.

I don't see any justification for DeWitt's "high living" other than if we take it to be a paraphrase of *\*only\** taking pleasure in "endless strings of drinking parties and festivals, only taking advantage of slaves and women, and only eating at extravagant tables of fish and other things." Epicurus calls us to the FULL spectrum of pleasure, including those of the senses AND those of the mind/soul/spirit.