

# **"Absence Of Pain Is Pleasure" - How Would You Articulate That To Someone?**

**Post by "Cassius" of November 16, 2023 at 7:18 PM**

Pacatus if that makes sense to you I say go for it.

I think I am content to say in plain English that because there are no gods and absolute rules and no heaven and hell to calculate for, I am left to look to nature for guidance, and nature gives me only pleasure and pain. I want as much pleasure and as little pain as possible. In evaluating what is pleasure I include everything that is agreeable to me, and I find agreeable both active stimulation from the outside as well as my own "quieter" internal appreciation of healthy normal mental and bodily life.

We can embellish all that with lots of additional words but I see no reason to be concerned that the ancient Epicureans saw things in a much more complicated way than that. The commentators can fight over the details as long as they like but I won't let them worry me that I'm missing anything more sophisticated than what I just described, because at the end of my life I am unlikely to be any better off than Epicurus himself, offsetting pleasure against pain as best I can.