

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

Post by "Don" of November 17, 2023 at 8:16 AM

That's a *great* post 16, [Cassius](#) !! Well said!

My 15 post was very much an experiment in stream of consciousness writing with a little editing after the fact. I'm okay with it for what it is.

I completely agree that "pleasure" is the North Star of Epicurus's philosophy. He defined it in *all-encompassing* terms precisely because he made it the guide of life. However...

I continue to read the texts as saying Epicurus and the ancient Epicureans taught the distinction of katastematic and "kinetic" pleasure as a practical expression of that all-encompassing nature, and that we can be more confident of always having access to katastematic pleasure than kinetic pleasures. However...

The recent in-depth discussions of "absence of pain = pleasure" have given me a new perspective on the katastematic/kinetic "debate." The health of the body and the tranquillity of the mind *is* katastematic pleasure. The "normal" functioning of freedom from pain in body and mind that has been discussed *is* katastematic pleasure. "Absence of pain" in the mind is literally ataraxia which Epicurus gives as an example of *a* katastematic pleasure. No matter what else is going on in our lives, we always have access to that health of the body and tranquillity of the mind IF we allow it to happen, IF we have banished those fears, anxieties, worries that Epicurus taught stand in the way of experiencing *pleasure** in its all-encompassing joyful, delightful, calm, exciting, tranquil variations.