

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

Post by "Pacatus" of November 17, 2023 at 12:46 PM

[Cassius](#): Your post #16 above is a powerfully well-crafted and articulate homily on pleasure, in response to Eoghan's question - so much so that I've bookmarked it for myself.

The niggling concern I would have with stopping there, though, is that without the kind of "fleshing out" in [Don](#)'s post #21 (which I've also bookmarked), especially the part I quote below, your post #16 could almost have been written by an Aristippian Cyrenaic* (even with your opening point that "tranquility and ataraxia are fully contained within the word pleasure, but 'pleasure' is not fully contained within tranquility or ataraxia"). Unless I glossed over something in my reading (not enough coffee yet 😞) ...

[Don](#): "The health of the body and the tranquility 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 tranquility 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."

Add [Don](#)'s statement, or something like it, to your homily (I mean that as a positive characterization!), and I think you have a pretty complete brief "epitome" - or at least a powerful opening summary - of the Epicuran telos. 😊

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* At least of the kind Kurt Lampe discusses in his *The Birth of Hedonism*, where he attempts to correct some of the cruder interpretations of the Cyrenaics.