

Mental pleasure/pain more intense and longer lasting than physical pleasure/pain

Post by "Cassius" of December 13, 2023 at 9:21 AM

Braintobeing - I am driving so this is brief but others can expand. Epicurus advised exactly what you are doing. The issue is the definition of pleasure, and Epicurus used a much more sweeping definition of pleasure than just immediate sensory stimulation. Your longer term goals are just as much under pleasure (because you find them desirable) than immediate satisfaction.

I also want to spend more time on what Tau Phi is saying but I suspect I differ with (or would say differently) what I am reading as "more or less" pleasure and pain. I think the weighing of relative pleasures and pains is essential to Epicurus. That's what allows us to agree that putting aside short term pleasures, or even accepting pains, is worthwhile in terms of the ultimate greater pleasure and lesser pain.

But the big issue here is the definition of pleasure, and Epicurus says life is desirable and that if the experience of life that we are talking about is not a pain, then whatever the experience is and no matter how removed it may be from immediate bodily sensory stimulation, it still deserves to be called pleasure.

This is readily observable in reading Cicero's on ends. What Cicero objected to is that everyone calls agreeable immediate bodily stimulation "pleasure," but Epicurus innovated and extended the word pleasure to all non-painful experiences of life.

That extension is what Cicero objected to but it is how the ancients were reading Epicurus when he wrote [PD03](#) and "By pleasure we mean the absence of pain."