

# Epicurus And Pleasure As The Awareness Of Smooth Motion

Post by “Don” of February 6, 2024 at 5:34 AM

[Quote from Cassius](#)

Total absence of speed is death.

I'd suggest "Total absence of \*motion\* is death."

Plus, those Lucretian citations seem to be discussing the smoothness or roughness of the atoms/seeds/particles themselves. Smooth atoms lead to easier, unimpeded motion. Pain seems to be caused, per Lucretius, by jagged, rough atoms tearing and ripping as they move.

Sensation is motion. The cessation of motion is death.