

Tetrapharmakos in Philodemus's On Choices and Rejections

Post by “Pacatus” of October 4, 2024 at 6:36 PM

I have always had the most difficulty with that final line of the tetrapharmakos. Not *all* pain is “easy” to bear – not for me, or likely anyone. The comments about context are, I think, on the mark. And the context, for me, is Epicurean practices (therapies) to alleviate that pain as much as possible – to make it *bearable*. Epicurus on his death bed provides an example. And that, I think, is the superiority of Epicurean philosophy (therapy) over the Cyrenaics: recognition that mental pleasures (e.g., focus on memories) can be called upon to alleviate physical pain. And that is something that I have been able to do.