

Aspects of Pleasure - Dopamine, Endorphine, Continuity

Post by "Root304" of November 9, 2024 at 4:39 AM

Some of my earliest insights into EP was the cup graphic. Once you've stopped your cup from leaking through psychological work like EP, and deciding you will keep it filled by living joyfully through arranging one's life as to generally avoid psychological pain firstly and physical pain secondly; as well as fortifying the natural restlessness of ego through securing pleasant relationships, you can be untouched by what most of life throws at you and indeed walk among others feeling as happy as Zeus. I interpret the "absence of pain" to just be a sort of lost in translation or out of context way of saying you can have the "baseline" pleasantness by achieving ataraxia/katastematic pleasure. As long as you are not pained by a poorly arranged life and poorly arranged psyche, pleasure and salvation are easily had. That is both my experience of having experienced ataraxia as well as experincing a rather remarkable salvific psychological effect. Not saying it's the only way or *the* way to interpret it, but it's how I choose to interpret it as my results speak volumes to me at least.

I also feel like I am driving ever onwards with abidding pleasure in the face of all the tumult, war drums and death rattles, even whilst being a Dad to two young children. I may have a day now and then where I need to deeply reflect and at times formulate something grim and dire that could be taken as a Stoic practice, but I believe there is much teeth lost to us that may have been in non-extant works of Epicurean Philosophy. To face dire forecasts one must adopt a sort of gallows humor and "spitting contempt on life and on those who here vainly cling to it" as VS 47 says. For that I reject the notion that a proper Epicurean life must always aim towards an imitation of the Blessed Death of Epicurus, living long and well and tending to more refined business of reciting our will, in order to have said to have lived as an Epicurean. But I will stop there as I digress.