

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

Post by "Rolf" of April 16, 2025 at 9:41 AM

[Quote from Cassius](#)

OK someone correct me if I am wrong but care has to be taken here: "mixed" is exactly what a feeling *never* is: a feeling is either pleasure, or it is pain. It is never "both" or "neither" or "mixed."

"Mixed" is a word that describes results which have multiple feelings, in that Epicurus' feelings were mixed on his last day - he felt some pleasure and some pain -- but in different parts of his experience. His gladness of his feelings for his friends was not mixed - it "co-existed" in his experience with other experiences which were painful.

But at the feeling level, feelings are discrete, at the total experience level, multiple feelings co-exist to produce the full level of experience that we're talking about as 100%, such as 60% pleasurable feelings and 40% painful feelings.

Apologies for reviving such an old thread - I've been doing some digging around the forum!

I see the logic behind feelings being either pleasure or pain, not both. I can have an aching belly but still find pleasure in the warmth of the sun hitting my face or in the sound of the birds singing. At the same time though, I can't help but feel some feelings are truly mixed. For instance, if I reminisce over some former partner, I might feel both glad for the good memories and sore about losing them. That is to say, what is often described as "bittersweet".

How do you reconcile this?