

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

Post by "Cassius" of April 16, 2025 at 11:18 AM

Thinking back to past romances, some of those people were better at different aspects of life than others. Some were smarter, some were more athletic, some were richer - any combination of characteristics you can think of - some brought different combinations of pleasures and pains to the table, all of which I can choose to think of as a lump sum or I can choose to evaluate them independently, and each step of the way during the review those aspects are going to ring painfully or pleurably. But the bottom line is that if you remember it as affecting you at all, you remember it either positively or negatively, with greater or less duration, greater or less intensity, or greater or less part of the body or mind that is affected. But if you judge it to have affected you, and if it did not affect you painfully, then it is justifiable to judge the affect to have been pleasurable, because you choose to judge all experiences in life to be pleasurable unless they are painful.

Some of the cites behind that are here:
https://wiki.epicureanfriends.com/doku.php/the_norm_is_pleasure_too