

# The Use of Negation in Epicurean Philosophy Concepts

Post by "Rolf" of April 21, 2025 at 9:37 AM

## [Quote from Cassius](#)

"For the end of all our actions is to be free from pain and fear, and, when once we have attained all this, the tempest of the soul is laid; seeing that the living creature has no need to go in search of something that is lacking, nor to look for anything else by which the good of the soul and of the body will be fulfilled. When we are pained because of the absence of pleasure, then, and then only, do we feel the need of pleasure."

Hmm, I do find myself struggling to reconcile this one. Could you help me break it down?

Does my understanding of the value/importance of katastematic pleasure sound correct to you?