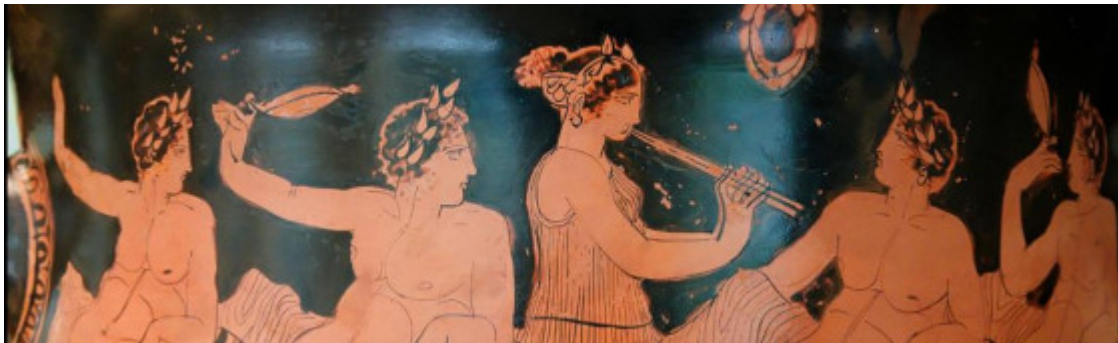


The Use of Negation in Epicurean Philosophy Concepts

Post by "Rolf" of April 21, 2025 at 4:47 PM

[Quote from Cassius](#)

Yes definitely Godfrey:



Article

[On Pain, Pleasure, And Happiness](#)

Brief: The feelings are only two, pleasure and pain—there is no third state such as neutral, and there are no “fancy pleasures” which are different from regular pleasures. Because there is no neutral, reducing pain in life is only possible if there is a corresponding increase in pleasure. The extent of pleasure can be maximized by making sure to attend to all parts of one’s body, including the brain. Happiness is comprised of a pleasurable life. The capacity for pain is a valuable warning system and should not be disabled except in unusual conditions. The experience of pain is to be avoided except when it is chosen for the sake of greater pleasure/ lesser pain over the lifespan. Humans have many shared responses of pain or pleasure to specific experiences, and they also have individual variations. The standard of pleasure in one’s life must be one’s own subjective feelings, not a generic advice. There are many pitfalls to avoid if one desires a happy, pleasure-filled life, such as a false belief in a neutral state, practices which attempt to disable the normal capacity to feel pleasure and pain, and failure to consider the long-term pains and pleasures resulting from actions. In discussing pain and pleasure, Epicureans stick to real life situations, not hypothetical philosophical puzzles.

Elayne

July 15, 2019 at 2:18 PM

<http://www.epicureanfriends.com/thread/4401-the-use-of-negation-in-epicurean-philosophy-concepts/?postID=34864#post34864>

Reading this now - immensely helpful. Perhaps it would be good to consolidate these particularly useful posts/articles somewhere on the site? There's so much good stuff on here but it feels a bit scattered.