

# The Use of Negation in Epicurean Philosophy Concepts

Post by "Rolf" of April 21, 2025 at 5:38 PM

## [Quote from Kalosyni](#)

The usual cognition of the word "pleasure" and which has been with me most of my life until encountering Epicurean philosophy, seems like it has almost an eternal "prolepsis" of being bodily sensation and a kind of movement/active state, (and pain being a sensation that is more than just a mild discomfort). In my mind this leaves out the state of "feeling satisfied" (and therefore not needing anything to be different than it is).

I think part of it is learning to become more aware of one's feelings, along with gratitude and appreciation. While in the past, before encountering Epicurean philosophy, I might have dismissed a state of "mere" satiety as a bland neutral state, I can now see that this is a pleasure in itself. This in particular has been a great boon to me, as it's helped me to gain a far more positive perspective on both my own life and life in general, by realising how much pleasure there really is.