

What amount of effort should be put into pursuing pleasure or removing pain?

Post by “Kalosyni” of June 25, 2025 at 7:59 AM

[Quote from Rolf](#)

I was interested in Taoism for some time before my discovery of Epicurean philosophy, and this reminds me of a common Taoist adage about “getting out of one’s own way”.

I think that with Epicurean philosophy it uses reasoning - mental thinking and evaluation - based on fundamental ideas which remove "ego" aspects (pursuit of riches, fame, or power, or status (of somehow being better than everyone else)...and instead thinking what does the human-animal need. So there are parallels but also differences (when comparing) such that we are going to maximalize indulgence of "what an animal needs" (and I have ideas about this that I haven't yet talked much about, but perhaps I should soon, since the question of this thread may actually be a "compensation" for a lack of human need fulfilment (but will get into that in another thread).