

# Welcome AlteFrau!

Post by "Cassius" of June 8, 2026 at 4:11 PM

AlteFrau I thought you might be interested in this quote which one of our participants brought to our attention just this week as to the way Epicurus himself dealt with pain:

[Quote from Bryan](#)

Yes that one was from Marcus Aurelius, Meditations, 9.41

Epicurus says that "in my illness, my conversations were not about the feelings of my little body, nor was I chatting about such things [i.e., the illness] to those who visited. But, while studying nature, I continued with these topics, even while in that very state, [studying] how the mind - although partaking in such movements [painfully occurring] within my little bit of flesh - remains undisturbed, while preserving its own good."