

# Glossary - What is the Epicurean Definition of "Pleasure?"

Post by "Mike Anyayahan" of January 14, 2020 at 8:29 PM

## [Quote from Cassius](#)

An illustration I would give would be applicable to any pleasure, but let's just choose "dancing." The best way to experience dancing would be not to be distracted from dancing (don't fall, don't bump into others, don't get called away to do something else) and without any pain mixed in (don't be distracted thinking about painful thoughts) while you are dancing.

This makes more sense to me now. I know that pleasure is produced by the absence of pain as what I already discussed lately in the other thread. Now, at that very state of tranquility right before the production of pleasure, there is surely no pleasure yet but a plain painlessness, and it's strange to say that painlessness means pleasure. I think that pleasure begins when you start enjoying a particular desire that has no more corresponding pain like your example of dancing. I want to dance because it's fun, but it is only fun if I do not encounter distractions. Otherwise, it's not pure dancing. And if I die, I will never be happy even if there is no more pain at all. The painlessness of death will not provide me with happiness since I am already devoid of sensation. Therefore, pleasure (and happiness) is not simply produced by the absence of pain but out of a particular desire that demands no pain at all.