

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

Post by "Hiram" of January 19, 2020 at 2:00 PM

[Quote from elli](#)

From Epicurus LTM : We must then meditate on the things that make our **eudaemonia** , seeing that when that is with us we have all, but when it is absent we do all to win it...

...

As I said above is already engraved/intuitive in the molecular basis of DNA/RNA in the body of human beings, because if we observe carefully the neonates of just a week we will realize that when they are clean and with a full stomach and during their sleep or awoken are smiling often.

One of the things I noted from Metrodorus' Letter to Timocrates is that the founders frequently started their philosophical discussions and proofs by appealing to the authority of the body and its drives, and Metrodorus particularly appealed to the stomach, so this is very in line with how EP has always been taught. The stomach teaches us about pleasure and pain, also about fullness, and about the limits of our desires. These are all central ideas of Epicurean ethics.

<http://societyofepicurus.com/metrodorus-epistle-to-timocrates/>