

# On "Desires" And Their Relationship To Pleasure

Post by "Don" of September 10, 2020 at 10:36 PM

Hmm...

I \*think\* there has to be a rational aspect in this. The use of the words desire, craving, urge, etc. strike me as cognitive experiences. That's why Epicurus can say desires are the result of groundless beliefs or not.

One has a belief - a thought in your mind - that is either based on truth or not, based on whether we accept the truth of our sensations and mental perceptions or not.

That belief then leads to a desire. "I believe i need that." "I want that." I think this can even be subconscious - you just feel like you need something. Or you're hungry. That's a more immediate desire based on your sensation of an empty stomach.

Epicureans then weigh what happens if the consequence of that desire, urge, impulse, is achieved or it is not. In the case of hunger, you'll want to satisfy that desire... But how? And are you actually hungry (paying attention to Sensations) or are you emotionally or stress eating. I can be guilty of that! Not applying my Epicurean practices.

Those considered consequences elicit a pleasurable or painful reaction or feeling.

We then make a choice to pursue that desire or to flee from it based on that feeling.

Non-Epicureans don't weigh consequences necessarily. If they see a pleasurable experience arising from that desire, they follow it. No matter if it leads to pain down the road or not.

And just so you know, I'm basically going full stream of consciousness here. You all are just along for the ride ☐☐

PS I got the Alice reference 😊