

Catherine Wilson's January 2021 article: "Why Epicureanism, Not Stoicism, Is The Philosophy We Need Now"

Post by "Elayne" of January 14, 2021 at 9:39 AM

Here's another analogy-- if our need for pleasure were like an infinitely large universe, complete pleasure could never happen for a human, not even for a second. We would always need more and more.

But in contrast to his view of an unlimited universe, he taught that our capacity for pleasure does have a limit, the point at which all pain is removed and pleasure is full! So this is a good sort of limit to have. It doesn't reduce our pleasure, as if we need to moderate pleasure -- it makes pleasure completely blissful, no pill needed. He is saying we can be satiated. We are not doomed to endless dissatisfaction with incomplete pleasure.

And I find by observation of my life that this is exactly true. It's not whatsoever a logic process for me but direct observation. Of course, as he acknowledged, pains do come in life which are unavoidable. But I have also had not just moments of feeling full pleasure but extended periods, and what disrupts that is not inability to be satiated but a change in conditions. If I have eaten enough, I am not becoming disappointed with that satisfaction in a few hours, but my food gets digested, a change in conditions, creating hunger again.