

What In Your Opinion Are the Most Essential Characteristics Of "Being An Epicurean" (According to Epicurus)?

Post by "Elayne" of February 15, 2021 at 10:04 PM

[Bryan](#) As you say, Epicurus denied a mixed state-- however, he also did not propose a neutral state. There is not pain, pleasure, and calm-- and he was clearly speaking of actual pleasure. So when pain is fully relieved, it isn't replaced with some sort of calm void but with bliss, real pleasure-- and that is why a person having full blown pleasure doesn't desire to go looking for more at the moment (although continuing to arrange for future pleasures would be wise). It isn't because of a logical argument but because that person is totally satisfied-- there would be no such thing as more pleasure. You can't add more water to a full cup. Complete pleasure is not some sort of subtle, easily missed feeling.

What he warned against was going for pleasures one could never obtain, or of course those which brought more pain than they were worth in terms of pleasure.

When Epicurus talks about variety, it is not in a disparaging way... and good thing, because neurologically, we do have to rotate pleasures to some degree, even cognitive pleasures, or our nervous systems quit noticing the stimulus.