

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

Post by "Cassius" of February 16, 2021 at 1:21 PM

## [Quote from Bryan](#)

Full physical contentment is naturally and frequently achieved when we have the natural and necessary accommodations of food and shelter. .... In failing to appreciate this fact, the common man, when he in a painless state, typically tries to add to his complete pleasure by engaging in further activities. Yet any attempt to add more pleasure to the complete pleasure of painlessness must always lead to failure, and never allows the mind to settle. .... Yet full mental contentment can be achieved just as naturally and frequently as full bodily contentment -- by the very realization of the simple ease of obtaining bodily contentment and then fostering gratitude and a full appreciation for your success in doing so.

I don't want to overemphasize this part of the discussion, because I think there are lots of aspects of how posts 10 and 11 relate to each other that are worth discussing. But certainly in my own experience I have seen it argued fairly regularly that views such as stated here would lead to the conclusion that it would never be appropriate to emerge from a subsistence level of existence. Now maybe that conclusion is in fact the position that Epicurus and/or some Epicureans sought to argue, but before we can discuss whether they were right or wrong to argue that position, I don't think we have clarity or consensus that this was in fact what some or all or any of them argued.

It seems to me that this is a pretty profound question and it is all wrapped up in what is meant by the "absence of pain" analysis. And that makes it triply important to be clear in how we discuss it. Are Bryan and Elayne agreeing, or strongly disagreeing? Is there a perspective - a way to approach the question -- in which the two positions can be seen to agree, or to disagree, according to the perspective taken?