

Considering the Importance of Mental Pleasures

Post by "Hiram" of May 30, 2018 at 10:33 AM

More sources on this are cited in my essays on Diogenes' Wall. PD 20 displays a mind-over-matter logic that makes it clear that the mind is the agent that must understand the limits of pleasure and pain for the flesh, and that one must train the mind in this understanding. Later, Diogenes adds detail to this by encouraging people to sow seeds of pleasure with their choices and avoidances that will bear fruit both in the present and future, which creates an interesting concept in the art of living of "doing favors to our future self" (including the extirpation of dis-eased emotions), to increase our sense of confidence and hope (as E also says in one of the Vatican Sayings--we must make what is ahead better than what is behind us). We end up with a kind of mastery over our minds, our desires, and our selves, that is very different from the self-tyranny of ascetic ideals.

[Diogenes' Wall: on Principal Doctrine 20](#)

Quote

The flesh receives as unlimited the limits of pleasure; and to provide it requires unlimited time. But the mind, intellectually grasping what the end and limit of the flesh is, and banishing the terrors of the future, procures a complete and perfect life, and we have no longer any need of unlimited time. Nevertheless the mind does not shun pleasure, and even when circumstances make death imminent, the mind does not lack enjoyment of the best life. - [Principal Doctrine 20](#)

<https://theautarkist.wordpress.com/2017/03/31/dio...al-doctrine-20/>

<https://www.epicureanfriends.com/thread/461-considering-the-importance-of-mental-pleasures/?postID=1236#post1236>

and

[Diogenes' Wall: on the Pleasures](#)

<https://theautarkist.wordpress.com/2017/03/25/dio...-the-pleasures/>

Quote

... [let us] not [avoid every pain that is present, and let us not choose every pleasure, as the many always do. Each person must employ reasoning,] since he [will not always achieve immediate success: just as] exertion (?) [often] involves one [gain at the beginning and] certain [others as time passes by], so it is also with [experiencing pleasure;] for sowings of seeds do [not] bring [the same benefit] to the sower but we see some seeds very quickly germinating [and bearing fruit and others taking longer] of pleasures and [pains] [pleasure].

Let us now [investigate] how life is to be made pleasant for us both in states and in actions.

Let us first discuss states, keeping an eye on the point that, **when the emotions which disturb the soul are removed, those which produce pleasure enter into it to take their place.**

Well, what are the disturbing emotions? [They are] fears —of the gods, of death, and of [pains]— and, besides [these], desires that [outrun] the limits fixed by nature. **These are the roots of all evils, and, [unless] we cut them off, [a multitude] of evils will grow [upon] us.**