

In Our Time: Epicureanism (BBC)

Post by “Godfrey” of July 22, 2021 at 5:55 PM

Regarding PD3, there are also these two threads:

Thread

[Practical exercises: PD3](#)

[...]

Exercise: as you go about your day, focus on pleasurable sensations, thoughts, feelings and actions and, later, think about what happened to your mental and physical pains while you were focused on pleasure.

Notes: Think about the difficulty of removing all pains, especially as you get older and physical pains increase! The mere act of focusing on pains increases them. Instead, focusing on pleasure can be a therapeutic practice when you are in times of pain and stress. Further, the choice...



Godfrey

July 8, 2021 at 1:34 AM

Thread

[Practical exercises: PD4](#)

[...]

Exercise: focus on pleasurable sensations, thoughts, feelings and actions and, later, think about what happened to your mental and physical pains.

Notes: Quote from @Don from ([RE: Practical exercises: PD2](#)) “I sometimes have a hard time accepting PD4. Theoretically, yes. Practically? I reach for Tylenol when I have a headache! A chronic, painful condition? That's going to be hard... But maybe PD4 gives us a goal?”

For me, PD4 becomes becomes clearer when not separated from PD3. In this...



Godfrey

July 13, 2021 at 8:06 PM

I think it's helpful to study PD3 and PD4 together, also exploring the practical ramifications, as a further aid to understanding the Canonic faculty of pleasure and pain.