

# An Epicurean Understanding of Pleasure

Post by "Cassius" of October 8, 2021 at 1:42 PM

[Quote from Don](#)

We feel pleasure and pain resulting from a specific desire being fulfilled.

But remember I think it is clear too that we also feel pleasure or pain independently of any desire -- things happen to us which we did not plan in any way. I think we are not veering into the discussion of "replenishment" theory of pleasure and similar, because the reason this comes to mind is that there is apparently a classical example of walking outside and smelling a rose or flower -- you in no way planned or anticipated or lacked anything prior to that moment, but when the fragrance came to your nose you experienced pleasure that was in no way related to a "lack" of anything. Or at least that is what I have read somewhere in philosophy writings.