

An Epicurean Understanding of Valentine's Day: Love, Romance, and Free-will

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Examining the meaning of: "Sex is never beneficial, and you are lucky if it doesn't actually harm you."

From a modern understanding...what kind of "harm" are we talking about now, in our times?

Without birth control and condom use, sex can lead to pregnancy or sexually transmitted diseases - so if you want to avoid those harms you must be scrupulous in your birth control and STD protection methods.

And also more importantly, from sex, some emotional consequences will be felt...which can become complicated if you are not in a committed relationship. (Casual sex will result in it's own type of emotional consequences, but since we are talking about Valentine's Day and "romance" and "love", I will exclude discussing modern casual sex, which is only practiced by a very small percentage of the population anyway).

I would say that the emotional consequences of sex within a committed relationship are "addiction" and a drive to protect what you have...so "attachment"...which can lead to fear of losing what you love, and jealousy. And then you are in a very precarious place within yourself...you are less free...but these are just some ideas, haven't thought this through very much yet. It is possible that in the right situation, you will not end up with the negative emotions of over-attachment, but you can only prevent this if both people in the relationship are very emotionally mature and grounded.

So most people choose to have children and also do so within the legal protections of marriage. And modern marriage is a big subject, which I think would be better discussed by someone who is both married and happily married.