

# Epicurean Worldview, Personal Identity, and Creating Community

**Post by “Don” of January 20, 2022 at 7:30 PM**

First, I feel bad that we've strayed from [Kalosyni](#) 's original purpose for this thread, but that seems to happen one this freewheeling forum 😊

I've also been letting the topic of this "there is no neutral position between pleasure and pain" roll around in my mind today. I originally, as I stated above, saw the "peaceful easy feeling" of taking a walk, lying in a hammock, taking a warm bath as the position identified by the Cyrenaics as the "neutral" position that Epicurus identified as pleasure. But I'm rethinking that now.

Those activities (walk/hammock/bath) are actively pleasurable. If I do those, I feel pleasure - a calm, peaceful, everything is right with the world, satisfying "aaaaahhh" feeling that's easily identified as pleasure. Even the calm of meditation is a real, positive feeling.

The Cyrenaics' neutral position, I'm thinking now, is more the "I'm going about my daily routine not paying attention to whether I feel pleasure or pain... I'm not 'consciously' or 'actively' experiencing pleasure or pain right now." But Epicurus posited that you have to be feeling either pleasure or pain. So, I was sitting at work today working on tasks when this question hit me: "Am I feeling pleasure or pain right now?" Honestly, it was a difficult question to answer. I came down on the side that, if I was being honest with myself, I was mostly experiencing pleasure with a couple twinges of pain in my body and a couple minor turbulences in my mind.

Maybe that's what Epicurus is calling us to do by eliminating a "neutral" position. \*Really\* understand your body and your mind. The feelings are two. How are you really feeling, right now. Do you have a healthy body? Is your mind untroubled? If the answer to either of those is "no," your life is not as pleasurable as it has the potential to be. What needs to change? What choices and rejections do I need to make?

Thoughts?