

## **PD04 - Continuous Pleasure / PD4**

**Post by "Hiram" of March 9, 2017 at 11:06 AM**

On the issue of "constant pleasures", I feel like someday groups of Epicureans should engage in a variety of experiments based on empirical data.

One experiment is capoeira or some other dance / martial arts experiment as a "mood booster". The most "constant pleasure" I've experience was when I was practicing capoeira. I would work out for 1.5 hours and get about five days of high. It's one of the best mood boosters I've experienced.

The other (hate to say because this has been absolutely rejected by what I perceive as closed-minded Epicureans in the FB group) is the chanting practice, which has also contributed pretty steady and long-term highs and mellows.

There may be other steady-pleasure-enhancing experiments.

In an ideal world, Epicurean philosophy should be a ground to experiment with how to maximize the steadiness and self-sufficiency in pleasure that we can have, but this will require concrete experimentation, note-taking, and discussion of the effects of the experiments in light of our sources. Maybe something for future Epicureans to consider.