


# "Medicine" of Epicurus: Removing Fear and Finding Freedom

Post by "Kalosyni" of June 1, 2022 at 1:18 PM

## [Quote from Cassius](#)

Also to the tiger example, and Epicurean might say: "What the heck are you doing hanging out around cliffs where tigers are everywhere?"

 True!

## [Quote from Cassius](#)

don't care for hypotheticals

Yes, and this hypothetical story could be interpreted many ways. I see it as dealing with things we can't avoid such as "death and taxes". And dealing with the feeling of fear which might arise at death, and we are not immortal -- and this question: Can you be clear minded enough as you become conscious that your death is imminent? Can you be so awake to the unfolding of every moment that you taste and enjoy whatever delicious things come your way?

## [Quote from Cassius](#)

Or are we in charge of our lives and moving as aggressively as possible to experience pleasure and avoid pain?

The word "aggressively" conjures up hard work of some kind -- doing hard work to experience pleasure is personally not my cup of tea. The hardest work I think I will ever try to take on for the sake of pleasure will hopefully be sometime in the next three years -- to go on a trip to Greece. I don't travel well (can't sleep on long intercontinental flights) nor adjust to time changes very easily, nor sleep very well in hotels, but I think I am willing to try to make the net result be more pleasureable than the pain that will occur (it may end up being a tie). If there needs to be pain of any kind, it is not for the sake of "looking good" or to appear smart or virtuous, but only as a function of a necessary tool that moves toward pleasure.

Perhaps I have a more delicate constitution than some folks -- too much stress or noise can cause me stomach pains or digestive problems -- I think there is room for all of us under the Epicurean umbrella -- we who are more delicate can root for and applaud the courageous, strong, and daring pleasure-seekers, without needing to apologize or feel guilty or worry about defending our choices and delicate constitutions. 😊