

# Pleasure, Desire and Limits

Post by “reneliza” of July 19, 2022 at 4:38 PM

## [Quote from Cassius](#)

Right, we do limit desires, even the desire for life to accommodate us to our mortality.

The issue I think is how to articulate how much of anything to pursue.

The answer cannot be "no more than causes any pain" because we sometimes do chose pain as Epicurus said, for greater pleasure, and we seek not that which is longest but the most pleasant.

The great problem is that much Epicurean discussion makes it sound like Epicurus was a modern minimalist, whereas "the least in every aspect" is not necessarily or even likely to result in the greatest pleasure (UNLESS you get tripped up on the "go live in a cave" outlook on the things we have been discussing).

The trick is to give full effect to [VS63](#) in a way that applies generally as a philosophic guide.

Is frugality defined in terms of desire though, or only in terms of *fulfillment* of desire? I would say the latter (using modern, regular-people language and understanding of these terms). I can have unlimited desire, and be painfully restrictive to the point of still being overly frugal. But this would lead to a very unhappy life.

Or I could have only the bare minimum (necessary) desires, but be open to pleasure whenever it's available even outside and beyond my desire and not be frugal at all.

Is [VS63](#) speaking against limiting desire, or is it speaking against avoiding the pleasure needed to satisfy your natural desires?

I am really fascinated by this discussion and am interested to see where it goes. I'm especially interested to go look deeper into the natural and unnecessary desires because how I think of it, a desire always causes at least some amount of pain if it's unfulfilled (though sometimes even more when it is fulfilled) What are some examples of natural and unnecessary desires in my life? Also, as a queer person I always get a bit itchy when people start using the word "unnatural" so this is another time when I have great appreciation for the level of individuality when it comes to what things are good to pursue in Epicureanism