

Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by "Cassius" of July 20, 2022 at 11:32 AM

Re-reading your last post, Pacatus, reminds me of another obvious point. In my humble opinion, you would be "out of balance" if you did NOT react negatively to many current events. It's the Stoics who think that you can "rise above it all" and be so detached that no negative news affects you. I do not think that Epicurus would say that that is either possible or desirable for us humans. Rather the appropriate quote would be:

Quote

There are three motives to injurious acts among men—hatred, envy, and contempt; and these the wise man overcomes by reason. Moreover, he who has once become wise never more assumes the opposite habit, not even in semblance, if he can help it. He will be more susceptible of emotion than other men: that will be no hindrance to his wisdom. However, not every bodily constitution nor every nationality would permit a man to become wise.

If you aren't feeling (responding) positively to good things and negatively to bad things, then you're not alive. The Stoics might think such a state (detachment from emotion) to be desirable, but I do not think Epicurus taught that. He taught lack of feeling as synonymous with death.

This is why the continuing discussion of the implications of "absence of pain." "Absence of pain" cannot be numbness or lack of feeling, but is instead the unalloyed experience (feeling) of whatever combination of pleasures applies to your experience.