

Kungi's Natural and Necessary Discussion

Post by “Kalosyni” of July 24, 2022 at 7:37 PM

"Thus we need pleasure only when we are in pain caused by its absence; but when we are not in pain then we have no need of pleasure."

and...

"It is proper to make all these decisions through measuring things side by side and looking at both the advantages and disadvantages, for sometimes we treat a good thing as bad and a bad thing as good."

So from this, when one is aware of physical or mental pain then one treats it with a pleasure which removes the pain.

Pains which are physical: hunger, thirst, being too cold or too hot, feeling sleepy, feeling the need to stretch, walk or exercise, needing sexual release

Pains of the mind: worry, fear, anxiety, anger, sadness, loneliness, boredom, etc.

(Wondering if maybe we need to move some of these posts to a new thread, since this was originally a thread for Kungi.)