

PD19 And The Meaning Of No "Greater" Pleasure

Post by "Kalosyni" of August 21, 2022 at 9:42 PM

[Quote from Don](#)

I'm trying to think of ways to get away from the vessel metaphor.

Also I am wondering about getting entirely away from metaphors and just thinking about real life. When I first started studying Epicureanism and bringing some of the ideas into my life (back when I was living on the west coast and during all the earlier Covid uncertainties). I was setting an intention to bring in more enjoyment into my life -- and I would wake up in the morning and ask myself "How can I bring more pleasure into my life?" And it was often very simple things. I think it will also matter how one thinks of pleasure -- is it fun? is it sweetness? is it love? is it satisfaction? is it comfort? is it good health? is it a little food treat? or smelling roses or adding cinnamon to breakfast? (We might want to limit certain food treats/sweets to once a week so that they feel more special). And everyone will come up with different desires. And it is so much easier to seek out things by using a gut-level sense of what is needed for a happy life.