

# PD19 And The Meaning Of No "Greater" Pleasure

Post by "Kalosyni" of August 23, 2022 at 9:16 AM

## [Quote from Don](#)

My first thought on reading this was: If modern life - in fact, life in any time - is at odds with being "pain free or untroubled," why do we find this acceptable? I don't want to think that "that's just the way things are." I don't want to accept that.

I want to envision a way of living in the modern world in which my mind \*can\* be untroubled, in which I can face any issue that comes up with composure and clear thinking.

That's great and I also think it is highly dependent upon life circumstances. So perhaps your circumstances are supportive of living untroubled -- once one is settled down in life and lives in a happy and safe community/city, is secure with one's living situation (owns one's own home), feels fully confident in financial security (with enough savings to last till the end of one's life) has a safety net of good family and friends, and has no doubts about future well-being. Anyone who doesn't have any of these will have to use the very painful attempt of a "mind over matter" approach and try to repress their worries if they want to feel at peace -- perhaps this is why we have religion (and stoicism) as one way to try to deal with a troubled mind.

And as such it may appear that that Epicureanism is for the "well-to-do" person, but I don't agree. I see pleasure as an antidote -- one pursues "pleasure as medicine" -- and then in this way the philosophy can be applied regardless of one's level of wealth.

## [Quote from Don](#)

I suggest replacing "stress" with "pain" to see how that feels. I can certainly see how "things can be a mix of pleasure and pain"; but, to me, the word "stress" adds an emotional dimension - "stress" is a way of adding our emotional reaction to the immediate feeling of pain.

Good point here, and yes it would be better to be more specific with words for emotions and feelings. Anxiety, fear, worry, feeling tense, anxious, frustrated -- immediate reactions followed by further reactions -- and then further reactions might be worry that one can't change one's circumstances.