

# Episode One Hundred Thirty Eight - Letter to Menoecus 5 - Pleasure Part One

**Post by “Don” of September 6, 2022 at 12:40 PM**

To bring this back to the discussion started on the podcast, it seems to me that desire (epithymia/ voluntas) is a feeling (falling under the pathē) but also an act of will so to speak. From that table above, desire (epithymia) is a feeling of something that results in some pleasure. The opposite of desire is fear (phobos) which appears to be a feeling repelling against something that leads to pain. There are only two categories of feeling because you can only be attracted or repelled by feelings leading to pleasure or pain.

Discuss 😊