

An August 2018 Example of the Ascetic View of Epicurus

Post by “C. Florius Lupus” of January 25, 2019 at 5:49 PM

PD 15: "The natural desires are easily obtained and satisfied, but the unnatural desires can never be satisfied."

For me the question of pleasure is mostly a question of efficiency. Since our resources are limited, we have to manage them wisely. We should not waste them on things of low importance like excessive luxury, but on things that really matter to us, i.e. we have to keep focused.

Sometimes possessions cause more worries to us than actual enjoyment. This is when asceticism gives more pleasure than unrestrained desire for luxuries.