

# Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two

Post by “reneliza” of September 14, 2022 at 12:28 PM

[Quote from Kalosyni](#)

[Quote from Cassius](#)

If "freedom from pain" amounts to the highest sensual pleasure, would you expect that "freedom from pain" or "freedom from disturbance" could just as easily have been listed among these (taste / sex / sound / dance) that Epicurus chose to list? If so, why? If not, why not?

But I believe that this is important to think about because I believe that this could be at the source of something getting lost in translation. The goal isn't a kind of "boring existence" of neutral feeling in the body which doesn't have pain and therefore qualifies as a state of pleasantness. But the goal is maximizing the sweetest sensations of pleasure by seeing that we haven't yet reached the "purest" feeling of pleasure if we are also still feeling pain in the body (over-indulgences) or the mind (anxiety/fear).

I love this, and want to add (or really just, state explicitly) that this INCLUDES anxiety/fear that over-indulging in pleasures we're experiencing may cause pain down the line. At some point you have to trust your judgment and enjoy the moment, trusting that even if you have one drink more than you maybe should have, that the pain from your hangover will be short-lived, and WORTH it as long as you get sufficient pleasure in the moment.

If you spend all night worrying about how you'll feel if you accidentally have too much to eat or drink, or dance too long and leave your feet sore, then you're reducing your overall pleasure without reducing your overall pain.

[Quote from Don](#)

One more thought then I'll step off the soapbox:

I was just listening to a podcast (specific one doesn't matter), and they were talking about flow:

[https://en.wikipedia.org/wiki/Flow\\_%28p...%29?wprov=sfla1](https://en.wikipedia.org/wiki/Flow_%28p...%29?wprov=sfla1)

I think there might be parallels or similarities or other connections between flow and katastematic pleasure, ie ataraxia/aponia. I'd be interested to read anything from

anyone who knows more about Csíkszentmihályi's work in this area.

Oh gods no don't get me started on flow, because I have THEORIES

Seriously though, tying flow to katastematic pleasure (specifically, emotional regulation and thereby ataraxia/mental non-disturbance) is a really interesting concept I was thinking about yesterday (in slightly different wording) and will probably make it into an upcoming episode of my podcast