

As To The Three Legs Of The Canon (Sensations, Feelings, Anticipations) Is it Possible to Experience (Receive Data?) From One Without The Others?

Post by "Don" of February 6, 2023 at 1:29 PM

[Quote from Don](#)

I'd agree with.

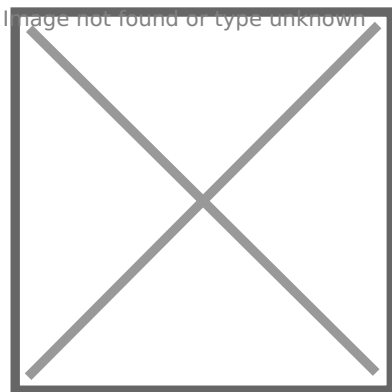
To me, the sequence is: We have to have an irrational sensation first, then an involuntary response (literal meaning of pathē: pleasure or pain) to that sensation, then our rational part kicks in with a thought like "I like this".

The problem is that this is not how our brains work per the current research of people like Dr. Feldman Barrett and many others. We wouldn't survive if we waited to react to sensations, e.g., the snake would already have bitten us. Our brains function like prediction engines, constantly assessing incoming data from our bodies and external stimuli and checking it against the "most likely scenario." When we walk through the woods, our brains basically are primed to "beware of long skinny things on ground = danger!". Then if we register a long skinny thing, we jump immediately. It's only after that we realize it was just a twig or discarded rope.

That's woefully inadequate and probably wrong in some spots, but that's my memory off the top of my head on Barrett's and others findings. There's also the registering of brain waves clearly showing our brains "decide" to initiate an action well before we're conscious of it.

There's no way Epicurus would have known ANY of this, but it intrigues me to see the brain's prediction faculty as somewhat akin to "anticipations."

References:

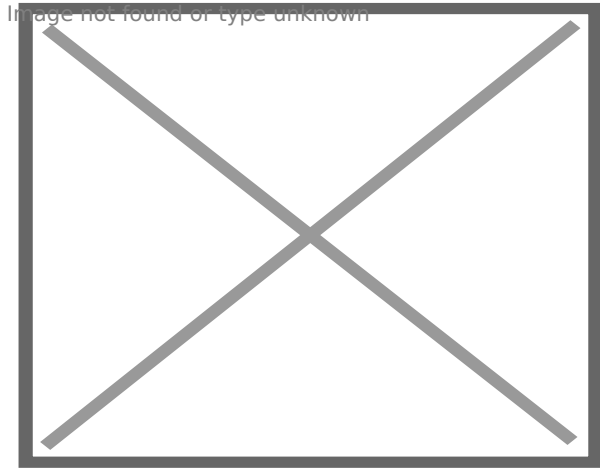


[Our brain is a prediction machine that is always active](#)

<https://www.epicureanfriends.com/thread/2878-as-to-the-three-legs-of-the-canon-sensations-feelings-anticipations-is-it-possib/?postID=22482#post22482>

Our brain works a bit like the autocomplete function on your phone -- it is constantly trying to guess the next word when we are listening to a book, reading...

www.sciencedaily.com

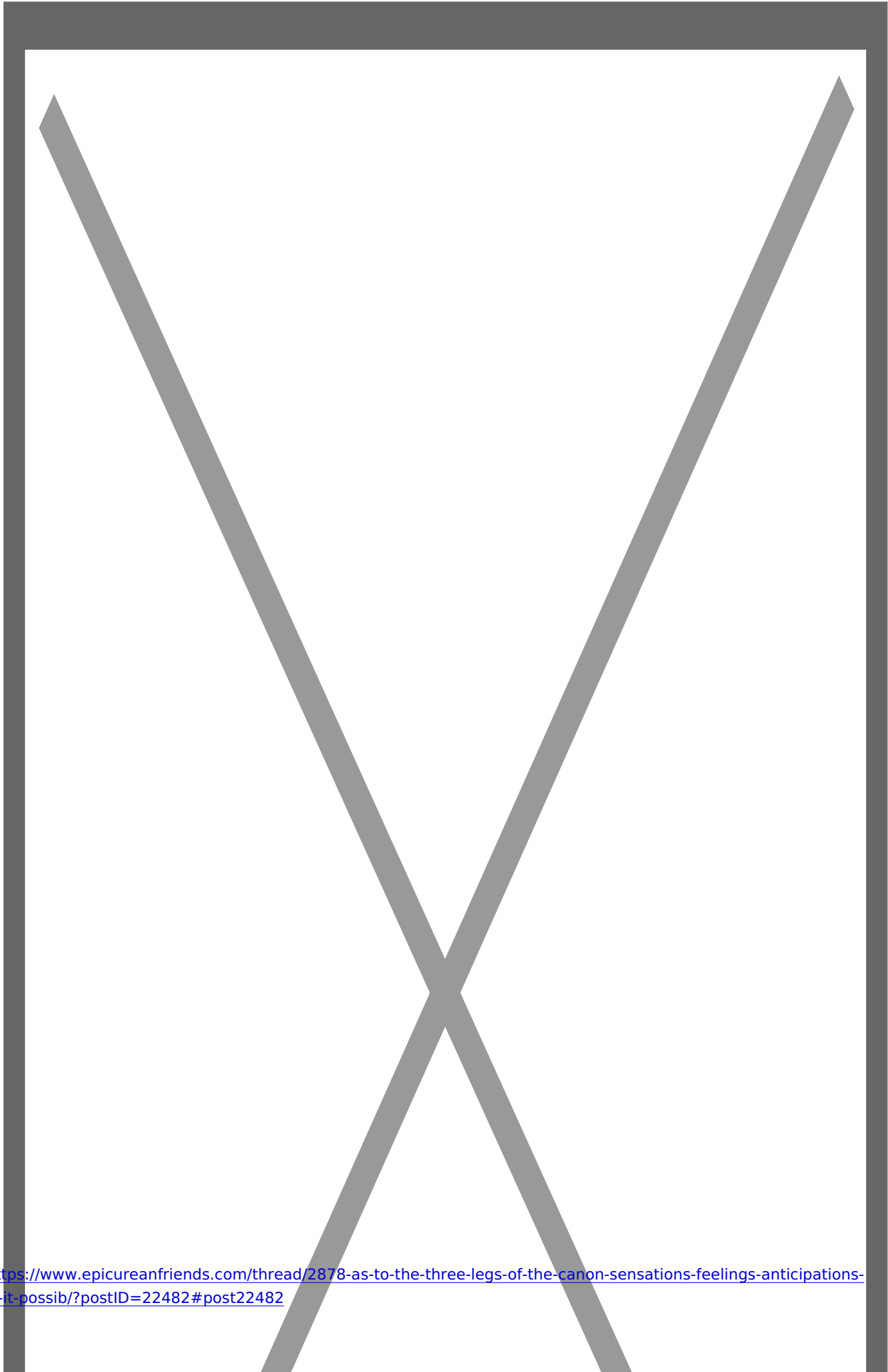


[Interoceptive predictions in the brain](#)

Intuition suggests that perception follows sensation and therefore bodily feelings originate in the body. However, recent evidence goes against this logic:...

www.ncbi.nlm.nih.gov

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[How Your "Predictive Brain" Takes Care of You](#)

What is your predictive brain and why does it matter? According to Barrett, the predictive brain is key to your health and mood.

www.shortform.com