

Five Doses That Trump Four Every Time - The "Five-Part Cure"

Post by "Cassius" of February 9, 2023 at 10:19 AM

Again thinking that "strength of mind" is worth emphasizing for its own role as the means to the goal (which is indeed how I would see "tranquility," as a part of the means to to the goal of Pleasure, and not the goal in itself):

1. Set as your goal that of living in the continuous enjoyment of numerous and vivid pleasures alike of body and of mind, undisturbed either by the presence or by the prospect of pain
2. Work to possess strength of mind,
3. Work to understand that death means complete unconsciousness,
4. Work to understand that pain is generally light if long and short if strong, so that its intensity is compensated by brief duration and its continuance by diminishing severity.
5. Work to possess no dread of any supernatural power;
6. Work to never suffer the pleasures of the past to fade away, but constantly renew their enjoyment in recollection.