

# Welcome Quiesco!

Post by “Quiesco” of April 8, 2023 at 10:50 AM

## [Quote from Godfrey](#)

The idea that pleasure and pain are the guides (or judges) comes from observation. This seems to be getting confirmation in current neuroscience, but maybe the best way to examine the idea is to pay close attention to your own functioning. To understand pleasure and use it for a guide, one must really understand pain as well. When I looked at my feelings at any given time, my initial thought would often be that I was in a neutral state. But by paying closer attention I would notice some discomfort or perhaps very subtle enjoyment. The term is a bit loaded, but one could say that a principle Epicurean practice is mindfulness of one's Feelings. I capitalize Feelings as they are one of the three faculties in EP from which we can measure reality.

That's a very good point you make and I agree, it asks of you to be in tune with all that you experience and its effect on you. I think experimenting too by adding/removing things from your life so you get an overview of what the effects of that is on you. I bet it's been talked about here as well before, I've been using the search bar a lot and I almost always seem to find a post related to a thought I have :')

Sometimes when pain creeps into a pleasurable state you have to temporarily stop the pleasure to deal with eliminating the pain. I think temporarily stopping does lead to more pleasure in the end, but I tend to gravitate (if the pain isn't strong) to putting up with the pain until I've had enough of it, just to avoid the pausing of the pleasure. I think it's very good to be mindful of those kinds of behaviors that impede you from experiencing full pleasure.

## [Quote from Godfrey](#)

Exactly! This philosophy relies on understanding some science and following personal observations. And there is no universal god-bad dichotomy, there is only what we personally perceive. If you've not listened to the Lucretius Today podcast (you can access it on this site or various podcast apps), the latest episode or two have been discussing Epicurean physics and its ramifications. Basically, in a world in which everything is material and there is no omnipotent god or afterlife, Epicurus determined that the only thing that we can use to construct an ethical theory is our own faculties, which are called the Canon.

That sounds interesting, I'll have to tune in! I'm actually reading the book that was recommended here, 'Epicurus and His Philosophy', and I just got to the part explaining a bit

about the Canon. I'm understanding it a little better now. New questions bubbled up instead but I'll venture out of this thread for those

#### [Quote from Don](#)

##### [Quote from Godfrey](#)

god-bad dichotomy



I don't know if this was a typo or deliberate, but this made smile: there is NO god-bad dichotomy!

Haha that was definitely a typo! :')

#### [Quote from Cassius](#)

##### [Quote from Quiesco](#)

considering it's also a gamble since the way the future will play out is not guaranteed. When is the risk too high?

I don't think there is or can be in Epicurean physics any answer to that other than that you have to make that decision for yourself. Since the universe is not determined in full there is no way to guarantee success in any endeavor, but you can observe and from experience play the odds reasonably and that's the best anyone can do.

Interesting, I thought perhaps with pleasure being the supreme good it might make a person extremely risk-averse since it guarantees the most pleasure.