

# Pleasure vs pain - example and thoughts!

Post by “Pacatus” of May 21, 2023 at 3:51 PM

## [Quote from Don](#)

It is of paramount importance to \*always\* adhere to [VS71](#): Ask this question of every desire: what will happen to me if the object of desire is achieved, and what if not?

This is the kind of talk that always makes me tense up. 😡 😞

“Stop calculating, Boss,” Zorba continued. “Forget numbers, break those disgusting scales, close the grocer’s shop.” (Nikos Kazantzakis, *Zorba the Greek* – I am, perhaps helpfully, far more the introvert than Zorba.)

Now, I would not advocate for an “unaware life” – quite the contrary. But neither do I want to be continually working an abacus in my head to calculate, calculate, calculate (nor a set of scales to weigh, and weigh and weigh) – or even to think, think, think. 🤔

I admit (unapologetically) that I have some Cyrenaic tendencies (while recognizing errors in Aristippus’ philosophy that I think Epicurus corrects). And, between the Scilla of ascetism and the Charybdis of tranquillism – as tendencies toward a shipwreck of possible error – I am unlikely to err toward asceticism (though I do value a certain *simplicitas* in how I live).

With that said: although it might be “a bit early,” I’m going to enjoy an afternoon martini (even if it leads to an unplanned nap 😴). 😊

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Apologies [Don](#) if I am misinterpreting/misrepresenting you here. 😞