

# Who to believe?

Post by “Kalosyni” of May 27, 2023 at 12:17 PM

[Quote from ThinkingCat](#)

Some people quite into physical pleasure for its own sake calling themselves cyreaniacs (or something like that).

Pleasure for its own sake is the goal given to us by nature which we observe in babies, animals, and as adult humans we redeem pleasure from the false belief that it is somehow "wrong".

As for the ancient Cyrenaics, they didn't take the relief from pain as a pleasure, nor the pleasure of mental pleasures, so they focused on "in the now" and stimulating pleasures -- and this is very different than the Epicurean understanding of pleasure. Perhaps if there are people on here saying they are "cyrenaic" then they are just trying to emphasize the sensual aspect of pleasure as being okay.

As we see that Diogenes Laertius says that Epicurus said:

“I know not how to conceive the good, apart from the pleasures of taste, of sex, of sound, and the pleasures of beautiful form.”

So the Epicureans are totally fine with sensual pleasure, but as long as they also address the removal of any mental disturbances such as fear of death, fear of "irrational" punishment from the gods, or fear of pain (strong pain is short, and dull pains don't stop the enjoyment of pleasure).