

# Episode 196 - The Epicurean Arguments In Cicero's On Ends - Book Two - Part 06

Post by "Don" of October 16, 2023 at 1:04 PM

I return to this section of Diogenes Laertius (10.136) over and over again when this topic comes up:

(Quote)

[136] He (Epicurus) differs from the Cyrenaics with regard to pleasure (περὶ τῆς ἡδονῆς). They do not include under the term the pleasure which is a state of rest (τὴν καταστηματικὴν - tes katastematiken), but only that which consists in motion (ἐν κινήσει - en kinesei). **Epicurus admits both (i.e., katastematiken and en kinesei); also** pleasure of mind as well as of body (ψυχῆς καὶ σώματος),

**as he (Epicurus) states:**

1. in his work *On Choice and Avoidance*
2. **and** in that *On the Ethical End*
3. **and** in the first book of his work *On Human Life*
4. **and** in the epistle to his philosopher friends in Mytilene
5. So also [Diogenes \[of Tarsus\]](#) in the seventeenth book of his *Epilecta*
6. **and** Metrodorus in his *Timocrates*, whose actual words are : "Thus pleasure being conceived both as that species which consists in motion (τε κατὰ κίνησιν (kinesin)) and that which is a state of rest (καταστηματικῆς (katastematikes))."
  1. "νοουμένης δὲ ἡδονῆς τῆς τε κατὰ κίνησιν (kinesin) καὶ τῆς καταστηματικῆς (katastematikes)."

The words of Epicurus in his work *On Choice (and Avoidance)* are: "Peace of mind (ἀταραξία - ataraxia) and freedom from pain (ἀπονία - aponia) are pleasures which imply a state of rest (καταστηματικάι - katastematikai); joy (χαρὰ khara) and delight (εὐφροσύνη euphrosyne) are seen to consist in motion and activity (κατὰ κίνησιν ἐνεργεῖα - kata kinesin energeia)."

(End of Quote)

Considering "rest " vs "motion" might be fruitful somehow. I know I'm sneaking in kinetic and katastematic again, but evidently, per Diogenes, Epicurus talked about this distinction in at least four different works. And hammered home that it was a primary difference between his philosophy and the Cyrenaics.

I'd really like to get away from words like basic, normal, non-stimulating, etc. Cassius's bringing up "health" above is a good path, too.