

# Would You Rather Live For A Week As (1) Epicurus During the Last Week of His Life or (2) An Anonymous Shepherd Laying In The Grass In The Summertime With No Pain At All?

Post by "Cassius" of October 22, 2023 at 8:26 AM

## [Quote from Kalosyni](#)

Regarding "freedom from pain is the height of pleasure" - I would say this is a kind of remedy which is similar to "[death is nothing to us](#)". Without a thorough contemplation and using the mind to reason through them, then both of these do not appear to make sense - so it takes thinking in order to see the application of these two points.

YES that is the key part. It takes proper thinking to recognize this pleasure. Maybe that is similar to how it takes a movement of the will to summon up a happy memory, which is there and is always pleasurable when you reflect on it, but which requires that act of reflection to experience. You have to practice this perspective or you don't profit from it and if you don't the competing pains can override it.

[PD18](#). The pleasure in the flesh is not increased when once the pain due to want is removed, but is only varied: and the limit as regards pleasure in the mind is begotten by the reasoned understanding of these very pleasures, and of the emotions akin to them, which used to cause the greatest fear to the mind.

[PD19](#). Infinite time contains no greater pleasure than limited time, if one measures, by reason, the limits of pleasure.