

# "Absence Of Pain Is Pleasure" - How Would You Articulate That To Someone?

Post by "Bryan" of November 15, 2023 at 10:39 AM

Physical contentment is achieved frequently and naturally by the internal process in our bodies when we have the necessary accommodations of food, shelter, and security.

Mental contentment is achieved just as naturally and frequently, by realizing the ease of obtaining physical contentment and fostering gratitude for our success in doing so.

Failing to appreciate this fact, most people, even when in a painless state, often try to add to their pleasure - from here most perils of their lives arise.

Metrodorus is quoted by Plutarch as "This very thing is the good: Escaping from the bad -- because It is not possible for the Good to be placed anywhere, when neither What is painful nor What is distressing is any longer making way for it.

Τοῦτο αὐτὸ τὸ ἀγαθὸν ἐστὶ: τὸ φυγεῖν τὸ κακόν -- ἔνθα γὰρ τεθήσεται Τάγαθόν οὐκ ἔστιν, ὅταν μὴθὲν ἔτι ὑπεξίη μήτε Ἀλγεινὸν μήτε Λυπηρόν. (Plutarch Non posse, 1091 A-B)"