

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

Post by "Eoghan Gardiner" of November 15, 2023 at 11:21 AM

[Quote from Cassius](#)

[Quote from Eoghan Gardiner](#)

Experientially I have discovered this to be true but I don't think I could explain it in a good way.

Interestingly I am not sure that I would agree that "absence of pain = pleasure" can be "discovered to be true experientially" -- at least not fully.

Well by this I mean I examined the claim and originally dismissed it but after studying a bit more in the past 6 months (and further loosened the fetters of catholicism/monastery life) I have accepted it due to the fact for Epicurus there is no neutral state it's always one or the other. After this experientially I have experienced it, not that it's some magical infused contemplative pleasure but just a low hymn of pleasure.