

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

Post by "Cassius" of November 17, 2023 at 7:53 AM

[Quote from Kalosyni](#)

I wonder if the idea of "mixed" pleasure might need some further examination because it seems that there may be pleasures which are mixed with a tinge of mental uncertainty. There are times in life when you chose pleasures in which you are uncertain what the final result will be (mental pain or a minor problem may result but you are fairly confident that you won't end up physically wounded or dead).

OK someone correct me if I am wrong but care has to be taken here: "mixed" is exactly what a feeling *never* is: a feeling is either pleasure, or it is pain. It is never "both" or "neither" or "mixed."

"Mixed" is a word that describes results which have multiple feelings, in that Epicurus' feelings were mixed on his last day - he felt some pleasure and some pain -- but in different parts of his experience. His gladness of his feelings for his friends was not mixed - it "co-existed" in his experience with other experiences which were painful.

But at the feeling level, feelings are discrete, at the total experience level, multiple feelings co-exist to produce the full level of experience that we're talking about as 100%, such as 60% pleasurable feelings and 40% painful feelings.

[Quote from Kalosyni](#)

And thought that came to me regarding "pleasure is the absence of pain" is that this is simply a guide or a tool to find moderation...rather than arbitrarily deciding "I will only eat one heaping full plate of spaghetti" then if you use the phrase "pleasure is the absence of pain" to decide to stop eating when you aren't feeling hungry anymore.

"Moderation" is never the ultimate goal either, any more than calmness is the 'ultimate' goal. Moderation in eating is a tool to find pleasure. It's pleasure that is the ultimate goal and sometimes you're going to eat more than other times. So I'd say you never set out to "Find moderation," you set out to find pleasure, through which moderation is often (not always) an appropriate tool.