

Interpretation of pursuit of pleasure

Post by "Godfrey" of December 8, 2023 at 2:25 AM

Well said! The only thing I would add is regarding the final sentence. Your sentence as written follows logically from your observations, but for further clarity I would say that both pleasure and pain are guides. So to live our best lives we need to continually practice being aware of our pleasures and pains in order to obtain maximum information. From this information we can more skillfully make our choices and rejections which will maximize pleasure.

So yes, we naturally pursue pleasure, but not always skillfully. The task of increasing our skill of understanding and following the feelings as guides could reasonably be considered pursuing pleasure.

This path is following "the nature of things". The Stoic path seems to be following a mental construct. They say, I think, that almost nobody is virtuous.