

# Discussion of New Substack Article: "A Gate To Be Burst: Absence of Pain"

Post by "Kalosyni" of February 12, 2024 at 6:27 PM

## [Quote from Kalosyni](#)

Pleasure" is the absence of mental pain (angst and agitation). Whenever we are free from angst and agitation (even if there is a feeling of pain in the physical body) we can call this state "pleasure".

I say this based on the story of Epicurus' letter right before his death, in which he was in pain but was happy because of the memory of his friend.