

Unpaid_Landlord's personal outline

Post by “Kalosyni” of July 5, 2024 at 2:56 PM

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I have a question Kalosyni I have heard somewhere that Epicurus favoured the pleasures of the mind over the pleasures of body, is that true ?

In some sense you could say that is true: if your mind is full of anxiety then you cannot fully experience and savor the pleasures of the body.

But there is the quote by Diogenes Laertius Book 10, states that Epicurus says: [Section 06] 'I know not how I can conceive the good, if I withdraw the pleasures of taste and withdraw the pleasures of love and those of hearing and sight.'

To be more clear, I would say no, that pleasures of the mind are not more important - they are equally important.

Because daily you are experiencing both physical and mental pleasures. If you said that mental pleasure was more important, you then would have to try to suppress or avoid the naturally occurring enjoyment of various daily activities.