

Emily Austin Seems To Think That Sex Is An Extravagant Pleasure aka natural but unnecessary. Do you agree?

Post by "Eric" of September 18, 2024 at 8:53 AM

[Quote from Cassius](#)

[Quote from Eric](#)

Warning: Sometimes the pleasure get's too high and things get a little psychotic. The Epicurean should be prepared and watch out for this and manage this properly to keep their peace of mind.

Yes I've always thought that the major reason for Epicurus' concern was the damaging things that might result from doing things without thinking about the results, much as with alcohol or other drugs.

I suspect that you may have misunderstood what I was saying, so I will clarify. I think I worded what I said poorly. I meant that the differing neurotransmitter/hormonal states (that produce pleasure and joy) received from **abstaining** from sex and lust, can get too high and cause psychotic symptoms (bliss, overconfidence, mania/hypomania) which often precede doing things without thinking about the results (and can muddle thinking in general).

Such examples can be seen in these significant books referenced in the celibate/anti-sex communities:

Bliss of the Celibate - By Julian Lee

The Coiled Serpent: A philosophy of Conservation and Transmutation of Reproductive Energy - By C.J Van Vliet

What I see in these books and their authors, is an emphasis of extreme **bliss or joy** (pleasure) and vigor but I can also see significant delusional and magical thinking. Particularly combined with significant amount of meditation and other spiritual practice (as a method of obtaining self-control), abstinence seems to produce this kind of long-term state of mind.

The latter book, Coiled Serpent, although in my opinion false and kind of repulsive to read, is interesting in the sense, that it contains quotes from philosophers from all cultures throughout time - including Greek and Roman philosophers (including Epicurus - however, no new quotes). Though physicians seemed to value sex for medicinal reasons as stated in the post by Pacatus,

there were philosophers close to Epicurus' time who said it is harmful and may have influenced him. Such as

"Of sexual indulgence Pythagoras said that "it is always harmful and not conducive to health."14 "And once when he was asked when one might indulge in sex he replied, 'whenever you want to be weaker than yourself.'"

and

[Section on Aristotle] *"sexual intercourse involves the destruction of our bodies, the shortening of life."*

Though he came after Epicurus,

"Cicero, the eclectic, "culled from every accessible philosophy those elements which were regarded as most helpful for the higher life." He found that "nothing is more hostile to this . . . than sensual pleasure."48 "Such pleasure . . . extinguishes completely the light of the soul."

Also in DeWitt's book, he mentions that Augustine of Hippo (a Catholic) approved of Epicurus apart from his denial of god.

My purpose in my writing is to bring attention to the joy and bliss that abstinence can bring **for some people**, yet being mindful that this is but a consequence of neurochemical/hormonal changes - not some supernatural gift; and that measures should be taken practicing this to avoid delusions.

[Quote from Cassius](#)

- In that context I would also think that "age" is a big factor to consider. All sorts of changes take place with age.

I'm sure that's true. Could you elaborate what you mean?