

# Questions re Pleasure

Post by “Matteng” of November 9, 2024 at 5:35 AM

[Quote from Kalosyni](#)

[Quote from Cassius](#)

Why does Epicurus consider the absence of pain to be pleasure?

When pain is absent from the body, the appreciation of that experience is mentally enjoyable.

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And here is a full list of pleasures:

- enjoyable and pleasant bodily sensations (sights, sounds, tastes, touch, smell, etc.)
- the cessation of pain in the body (when pain is no longer present) (pain = sharp, piercing, burning, stinging, throbbing, heavy)
- awareness that the body is healthy (no pain present)
- enjoyable and pleasant mental feelings and thoughts (joy, clarity, calm, strength, gratitude)
- the cessation of unpleasant emotions (fear, worry, anxiety)
- awareness of a clear mind free from unpleasant emotions (fear, worry, anxiety)

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A good list about Pleasures.

One question:

I see they some include/not include awareness/ attention / appreciation, so there is an active / virtuous activity to feel these pleasures.

Are they then all kinetic pleasures ?

Or what is when I am not aware of the absence of pain, is the absence of pain than a static (kastatematic) pleasure ?

Or is this a false categorizing ?

Do I need a constant/active awareness for pleasure?

Is there such a thing as nonrational and rational pleasure?

As the 1. comes automatic from the body like eating tasteful, the 2. from eg. Gratefulness/ appreciation ?