

# Episode 268 - Pleasure Is The Guide Of Life (The Role of Pleasure In Life)

Post by “Kalosyni” of February 21, 2025 at 8:09 AM

## [Quote from Godfrey](#)

I would point out that Epicurus separates desires from pleasures. In doing so, he is able to clarify that there are various categories of desires which allow for personal evaluation, whereas all pleasures are good as a matter of biology.

The categories of desires are: natural and necessary, natural and unnecessary, and unnatural. These are described in various PDs as well as in the Letter to Menoikeus.

I sometimes have trouble keeping track of desire distinctions vs. pleasure, but thinking further...

Desire is the motivation to act, with the outcome of the actions being either pleasure or pain.

Some desires lead to more pain, some lead to a mix of pain and pleasure, and some lead to all pleasure.

But we sometimes must endure some pain in the short-term, either to avoid a greater pain in the future or to experience a greater pleasure in the future (for the long-term health of the body and well-being of the soul) -- which is why there are the categories of desires.