

The Absence of Sin

Post by “Don” of April 22, 2025 at 12:40 AM

[Quote from Rolf](#)

But with Epicureanism, I haven't "sinned" if I do something that results in more pain than pleasure. It's a learning process. Sometimes I drink too heavily on a night out and feel hungover the next day, and realise that I would've been better off drinking more moderately. But it's not some kind of stain on my soul. Life can be messy and Epicurus, from what I understand, gets this. There's nothing inherently despicable about living a life filled with pain, it's just misguided and unnecessary.

We got off on a Greek tangent, but I wanted to say that that's well put. Teachers and students in the Garden definitely corrected each other, pointed out mistakes, and gave frank feedback. One had to acknowledge one's mistakes, too; and you've given good examples of "could have made better choices." And there's nothing "sinful" about overindulging in wine, for example. But if you're going to, you've made a choice and you'll have to deal with the consequences. No more, no less.