

# Epicurean Philosophy In Relation To Gulags and the Rack

Post by "Cassius" of April 30, 2025 at 7:42 AM

In reading further today I see this post by [Al-Hakiim von Grof](#)

Post

**RE: The "Absence of Pain" Problem**

[...]

At the potential risk of repeating concepts already shared in this thread I'll take a stab at explaining my understanding. What follows is just *opinion* based on my understanding of Epicurus and lived experience.

To answer your question directly: absolutely. Not stubbing one's toe is pleasurable. Not just in the nervous "rush" and laughter that happens after a near miss or just in the idea of not stubbing one's toe, or recalling a stubbed toe's pain and therefore being grateful for...



Al-Hakiim von Grof

April 29, 2025 at 9:41 PM

What he describes there is the way I would interpret "there are two feelings, pleasure and pain." The default state of life is pleasure (of all kinds and manners of description). Whenever there is any deviation from that state of pleasure, that deviation (of all kinds and manners of description) deserves the name of "pain."

That's the only logically rigorous way I can interpret "there are two feelings, pleasure and pain." Any attempt to subdivide the pleasures and the pains is going to require some kind of further intellectual analysis that may at times be helpful but may equally lead to all kinds of rabbit holes that take the focus off of the fact that we should ultimately look to Nature to tell us what pleasure is, not to gods or to ideal forms.