

Confusion: "The feelings are only two"

Post by "Rolf" of May 27, 2025 at 12:02 PM

This discussion makes me wonder: How important is a conscious positive mindset/attitude to Epicurean living? I haven't seen this discussed much, beyond Epicurus' last day when he shifted his mind to pleasant memories rather than letting himself be distraught over the physical pain. I'm reminded of a quote by Viktor Frankl:

"Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."

What role, if any, does this concept of a conscious mindset play in Epicurean philosophy?