

# Confusion: "The feelings are only two"

Post by "Rolf" of May 27, 2025 at 3:43 PM

## [Quote from Cassius](#)

Also Rolf, have you read the Chrisypus' hand challenge, and if so what do you make of it?

Hmm, I'm uncertain. I recall reading this before and not understanding it, and I'm not sure I grasp it now either.

## [Quote from Cassius](#)

apart from a joyous activity of pleasure

## [Quote from Cassius](#)

it is the highest pleasure, as Epicurus believes, to be in no pain

This here almost feels like an endorsement for the "ascetic absence of pain" argument. "To be in no pain" seems to be used here literally, rather than to mean "100% pleasure 0% pain". And, if I understand correctly, this state is put *above* "joyous activity of pleasure". How do you interpret this?

Though perhaps it's meant to be read as "since there are only two feelings, if the hand is not in pain, then it is in pleasure, and therefore feels no need for pleasure".

On another note, if I think about how my hand feels right now, I certainly feel some discomfort. I don't know if I feel a specific lack of pleasure in it though, because I can't think of anything I could do to decrease the discomfort in my hand. Thus the most prudent option seems to be to accept the minor discomfort and think about something else.

I'm also unsure about how this passage relates to the topic at hand (no pun intended), in terms of attitude and mindset. Or was it meant as a more general callback to the initial topic of the thread?