

Confusion: "The feelings are only two"

Post by "Bryan" of May 27, 2025 at 10:34 PM

[Quote from Rolf](#)

When I'm in a "neutral state" - not sick, injured, etc. - and I focus on my body's senses, I pretty much always notice some kind of ache, tenseness, stomach pain, itchiness, or some other uncomfortable feeling that I'm generally able to ignore when I'm not not fixating on it.

I think this is typically the case for most people. For me, "clearing the mind" is pleasant before sleep, but when I am awake and ready, then "mind-clearing meditation" feels like intellectual asceticism and it is at this point I will notice the extra sensations you mention.

Happily, Epikouros recommends an active and applied mind, he says:

"I recommend continuous activity in physics and pacify myself particularly with such a life."

(D.L. 10.37a)

Epikouros fully acknowledged that all pleasures are *based in* active pleasures, but he identified the pleasure of being satisfied (i.e., "established pleasures") as the natural goal of living things.

Unlike ascetics, we do not deny the body -- and unlike the average man, we do not deny having reached full pleasure when we are satisfied.

"*Eating*" is pleasurable, but a life dedicated to "*eating*" is sad and unhealthy -- and so for the rest of the active pleasures. If we reach the point of satisfaction and wonder what else our body needs, we are missing the point. If we form a lifestyle focused on satisfying our physical pleasures, our intellectual abilities will suffer.

But bodily satisfaction is the beginning of the intellectual life -- and once this is achieved, then *here it is* healthy to settle in, and consume and consume (philosophy and science) as a lifestyle.