

Confusion: "The feelings are only two"

Post by "Kalosyni" of May 28, 2025 at 8:17 AM

[Quote from Bryan](#)

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.

Thank you [Bryan](#) Well said! 👍👍

Also, we carry on with our household duties, with joy and laughter [friendship] . --Vatican Saying 41