

Confusion: "The feelings are only two"

Post by "Rolf" of May 28, 2025 at 1:09 PM

[Quote from Godfrey](#)

For me, the PDs have been tricky. At the beginning they sounded rather obscure, but as I have read, paused and returned to them over various intervals they seem to be pretty straightforward, although incredibly insightful. They require time and percolation.

Thanks for your insightful reply Godfrey. I really ought to spend more time on the PDs. That said, I appreciate you explaining things in your own words - citations are great, but it's helpful to have things explained in a different way too.

[PD04](#) which you mentioned gives a pretty straightforward response to my concern - despite having read it before, I didn't think about it in this specific context until you brought it up. That even "chronic illnesses permit a predominance of pleasure over pain in the flesh" is relieving to hear and a good reminder.

[Quote from Godfrey](#)

For me, part of the beauty of Epicurus' analysis of pleasure and pain is that it is exceptionally nuanced and provides the Epicurist so much to work with. We can offset various pains by noticing and dialing in to pleasures in other parts, and we can work at increasing these pleasures even if we can't seem to diminish the pains. We can seek pleasure strategically when we understand what, for each of us, provides the greatest payoff in terms of maximizing our pleasure and minimizing our pain. Sometimes this takes time. Lots of time. But we humans are intricate instruments, not the golems that Cicero and the Stoics imagine us to be.

