

# Tsouna's On Choices and Avoidances

Post by “Kalosyni” of June 13, 2025 at 7:46 AM

[Quote from Don](#)

[Quote from DaveT](#)

the four cardinal principles,

The Tetrpharmakos?

The first four [Principal Doctrines??](#)

[PD01](#). The blessed and incorruptible nature knows no trouble itself, nor causes trouble to any other, so that it is never constrained by anger or favor. For all such things exist only in the weak. [\[1\]](#)

[PD02](#). [Death is nothing to us](#), for that which is dissolved is without sensation; and that which lacks sensation is nothing to us.

[PD03](#). The limit of quantity in pleasures is the removal of all that is painful. Wherever pleasure is present, as long as it is there, there is neither pain of body, nor of mind, nor of both at once.

[PD04](#). Pain does not last continuously in the flesh, but the acutest pain is there for a very short time, and even that which just exceeds the pleasure in the flesh does not continue for many days at once. But chronic illnesses permit a predominance of pleasure over pain in the flesh.