

What place does "simple" have in Epicureanism?

Post by "Adrastus" of July 4, 2025 at 11:47 AM

For me, simplicity in terms of food, travel and things is more about savoring a pleasure, and not growing disgusted by or otherwise ruining a pleasure; and this is another way of saying that I am using the Canon. I take this approach because I live with a nuclear family as well as interesting friends coming and going, and *giving a bit too much stuff at times*, that I cannot necessarily live my life in accordance with any one particular vision and there is always an on going discourse... or unfortunately boundary-defining argument.

All simplistic hedonic arguments go out the window once you've actually lived many an hedonically 'gross' situation. Like, for example, have you ever literally always had a birthday cake at the ready? Try being a social parent who tries to mingle with other parents and show up to every kids' birthday party. It's a constant stream of cake and ice cream, and throw in the cultural holidays and my wife's penchant for wanting to get a bit of treat now and then for the kids on a weekend or any other special occasion. Constant cake will destroy whatever love of the stuff on the rarer occasion you used to get cake or any other sweets. You feel repulsed by it, and I imagine if we listened to our bodies more, we would be repulsed by a lot of things that are decadently "pleasurable" due to over exposure rather than some sort of moral quandry. Kinda like someone working at a chocolate factory for too long will absolutely be disgusted by chocolate.

I come to unfortunately subtly resent opportunities to get free food or items or really much of anything, because I want to continue to appreciate and like things that I could continue to appreciate, and like if there weren't always in such ready supply or unwittingly thrust upon me. More often getting "free" things becomes a felt loss of some sense of pleasure in the food in question or devalues items generally. There is probably some science to this but I think it is a bit better to perceive "consumption" as a form of artful interaction with the pleasures and ideations that food and items give us that just ideas of "simplicity" or "moderation" cannot capture, but needs to be Canonically reasoned through. But yes, I cling to the idea of 'simplicity' and 'minimalism' and convey it in that way when I am surrounded by fun and amiable people that are more into achieving ideas of 'maximizing'; but nothing gets this idea across to them more easily than to talk about how all this stuff they bring into my life makes me *feel* badly.