

What place does "simple" have in Epicureanism?

Post by "Don" of July 4, 2025 at 12:03 PM

[Quote from Adrastus](#)

about savoring a pleasure, and not growing disgusted by or otherwise ruining a pleasure

VS35. Don't ruin the things you have by wanting what you don't have, but realize that they too are things you once did wish for. οὐ δεῖ λυμαίνεσθαι τὰ παρόντα τῶν ἀπόντων ἐπιθυμία, ἀλλ' ἐπιλογίζεσθαι ὅτι καὶ ταῦτα τῶν εὐκταίων ἦν.

The word translated here as "ruin" (λυμαίνομαι) means, at root, to mistreat. The implication is that not honoring the good things you have achieved is a sign of disrespect and shows a lack of appreciation.

~ Saint-Andre, <https://monadnock.net/epicurus/vatican-sayings.html#n35>