

Episode 294 - TD24 - Distinguishing Dogs From Wolves And Pleasure From Absence of Pain

Post by “Bryan” of August 11, 2025 at 5:52 PM

I always have in mind this quote of Metrodorus (from Plutarch in Non Posse 1091 A):

"This very thing is the good: escaping the bad - because it is not possible for the good to be placed anywhere, when nothing painful or distressing is further withdrawing."

Full physical contentment is consistently and naturally achieved through our body's internal processes when we have the necessary provisions of food and shelter.

Similarly, full mental contentment can be maintained by recognizing the ease with which physical contentment can be obtained and by cultivating gratitude for this success.