

# Episode 295 - Plutarch's Absurd Interpretation of Epicurean Absence of Pain

Post by “Kalosyni” of August 27, 2025 at 1:43 PM

Another way to investigate all of this is to plug it into real life experiences.

It is all about personal subjective experiences, and determining how far you want to go with it (how deep you want to go into investigating your internal mental experiences and physical sensations).

For the sensation of taste, we have a limit which the stomach provides. We must honor the full stomach and not eat when pain arises. This is the natural limit of pleasure regarding taste. You can practice bringing the concept of "the limit of pleasure" into practical application by eating pizza! 😊 (Why ruin a good meal by eating so much that you feel pain for the next half hour or hour afterward.)

Lately I've been chewing sugar-free gum (cinnamon and also tropical fruit flavor). But I've decided that I will no longer buy anymore or chew it, because I find it brings up mental annoyance for me - because I don't feel a sense of completion and as soon as the flavor is gone I want to start over with new gum, or I feel a craving to eat something (but I need to watch my calorie intake these days due to a slower metabolism (not getting as much exercise these days).

As for the sensations of vision: beautiful shape/color ...this too can have a limit. I have discovered this limit when looking online at Pinterest AI images (too much becomes painful! 😬)  
)