

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

Post by "Rolf" of August 28, 2025 at 12:47 PM

Hmm, okay. I think what I'm struggling with is that to me, absence of pain sounds like a state in which I'm perfectly content and don't feel like I need anything more. At the same time, my practical evaluation of Epicurean ethics is that of prudence and hedonic calculus. In my head, these two ideas don't quite seem to align. It doesn't feel so clear.

## [Quote from Cassius](#)

But you are asking a series of questions about "Pleasure" and "Pain" with capital "p's" -- You are asking about the concept of pleasure and the concept of pain. As a concept which serves as a stand-in for the "goal of life," "Pleasure" is a conceptual term which encompasses all possible experiences of pleasure, from the longest and most intense to the shortest and least intense. All pleasures are conceptually part of "Pleasure," but all pleasures are not by any means identical. The same thing goes for pain.

This idea with the concept of Pleasure and Pain vs actual experiences of pleasures and pain feels like it is putting me on the path to understanding. Could you specify in my previous questions where I am talking about the concepts and where I am talking about the actual experiences? This would be helpful in clarifying for me.