

Episode 298 - TD26 - Facts And Feelings In Epicurean Philosophy - Part 1"

Post by "Cassius" of September 13, 2025 at 3:19 PM

for now one more example:

[Epicurus](#)

Epicurus was a major figure in this history of science and philosophy. He is famous for his theory of hedonism: that pleasure is the only intrinsic value.

www.pursuit-of-happiness.org

Quote

Epicurus makes an important distinction between necessary and unnecessary desires. Necessary desires are those which are necessary to produce happiness, such as desiring to get rid of bodily pain, or desiring a state of inner tranquility. He writes that "the end of all our actions is to be free from pain and fear, and once this is obtained the tempest of the soul is quelled." Only when we are in pain do we feel the need to seek pleasure, a need which inevitably only produces greater pain. In order to get rid of this pain-pleasure-pain cycle, we need to cultivate a mindset in which there is no pain. Thus the aim is not the positive pursuit of pleasure, as it was for Aristippus. The aim is rather the attaining of a neutral state which is best described as "peace of mind" or even "emptiness," to use a Buddhist expression. The Greek word Epicurus uses for this state is *ataraxia*, which literally means "freedom from worry."