

Episode 299 - TD27 - Was Epicurus Right That There Are Only Two Feelings - Pleasure And Pain?

Post by “Don” of September 18, 2025 at 8:13 AM

Some may object to my saying mortals can never be free from all pain and say something like What's the use of Epicurus' philosophy then.

It's the foundation that it's built on that matters.

If I remember correctly, the Stoics didn't think a normal human could be completely virtuous either, and yet they followed the teachings of their school.

Epicurus posited the limit of pleasure as absence of all pain and made cogent arguments in support of that thus giving the heave-ho to his rivals on their turf. Take that, Skeptics and Platonists!

I believe we can experience absence of pain in some aspects of our life, especially rooting out fear and anxiety of death, gods, etc. We can experience episodes of no pain in parts of our body from time to time. The strategy is to keep our eyes on the prize as it were. A happy life using pleasure as the North Star, steering toward that, using choices and rejections skillfully, sailing through storms when necessary, enjoying the calm seas when available, standing in awe of the stars in the sky, and delighting in the warm sun on our faces under a clear blue sky.