

# New Youtube Video - "Epicurus Responding to His Haters" - October 2025

**Post by "Kalosyni" of October 6, 2025 at 9:13 AM**

The following [Principal Doctrines](#) help to determine what an Epicurean does and doesn't do -- not abstract ideals (such as asceticism or minimalism).

[PD24](#). If you reject any single sensation, and fail to distinguish between the conclusion of opinion, as to the appearance awaiting confirmation, and that which is actually given by the sensation or feeling, or each intuitive apprehension of the mind, you will confound all other sensations, as well, with the same groundless opinion, so that you will reject every standard of judgment. And if among the mental images created by your opinion you affirm both that which awaits confirmation, and that which does not, you will not escape error, since you will have preserved the whole cause of doubt in every judgment between what is right and what is wrong.

(The way to evaluate mere opinions and arrive at what is true, is to observe sensations and feelings).

[PD08](#). No pleasure is a bad thing in itself; but the means which produce some pleasures bring with them disturbances many times greater than the pleasures.

(Something is determined to be "bad" only when the consequences bring much worse sensations of pain).

[PD03](#). The limit of quantity in pleasures is the removal of all that is painful. Wherever pleasure is present, as long as it is there, there is neither pain of body, nor of mind, nor of both at once.

(Something is considered genuinely pleasurable when it isn't accompanied by pain).