

Sunday November 2, 2025 - Zoom Discussion 12:30 PM EST - Continuation of Discussion of Nature of Pleasure

Post by "Don" of October 27, 2025 at 3:02 PM

[Quote from Eikadistes](#)

XAPA or χαρὰ (kharà), the kinetic act of pleasuring the flesh, meaning "joy". ←

One interesting (to me) note is that XAPA does not seem to be exclusive to the body/flesh. Case in point:

"On this blissful day, which is also the last of my life, I write this to you. My continual sufferings from strangury and dysentery are so great that nothing could augment them ; but over against them all I set gladness of mind at the remembrance of our past conversations. But I would have you, as becomes your life-long attitude to me and to philosophy, watch over the children of Metrodorus."

"Τὴν μακαρίαν ἄγοντες καὶ ἅμα τελευταίαν ἡμέραν τοῦ βίου ἐγράφομεν ὑμῖν ταυτί. στραγγουρία τε παρηκολουθήκει καὶ δυσεντερικὰ πάθη ὑπερβολὴν οὐκ ἀπολείποντα τοῦ ἐν ἑαυτοῖς μεγέθους. ἀντιπαρετάττετο δὲ πᾶσι τούτοις τὸ κατὰ ψυχὴν χαῖρον ἐπὶ τῇ τῶν γεγονότων ἡμῖν διαλογισμῶν μνήμη. σὺ δ' ἀξίως τῆς ἐκ μειρακίου παραστάσεως πρὸς ἐμὲ καὶ φιλοσοφίαν ἐπιμελοῦ τῶν παίδων Μητροδώρου."

gladness of mind

τὸ κατὰ ψυχὴν χαῖρον (to kata psykhe khairon), lit. "the rejoicing throughout (my) mind"

χαῖρον is related to the "kinesis/energeia" pleasure χαρὰ "joy"

To enjoy [+dative = something] = μνήμη (dative) "remembrance, memory"

So, τὸ κατὰ ψυχὴν χαῖρον ἐπὶ τῇ ... μνήμη "the enjoying throughout (my) mind... of the memory"

So I don't think we can make a firm body (flesh)/mind dichotomy with XAPA/EYΦΡΟΣΥΝΗ. There seem to be more nuances going on, at least in Epicurus' use of the terms.