

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

Post by “Eikadistes” of October 27, 2025 at 4:27 PM

[Quote from Patrikios](#)

[Quote from Don](#)

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

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

[Don](#) @Eikadistes ,

Could this use of ΚΑΡΑ be describing a whole-body-mind feeling of pleasure that occurs when a vivid mental recollection of a past significant joyous event, causes the mind to trigger the brain/body to release of the pleasure chemicals (endorphins)? Is this one of those nuances? 😊

Good thought! I agree with [Don](#) that there isn't a sharp, technical division, they're just expressions of different qualities and varieties of pleasure, which is ultimately seen as a single concept.