

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

Post by “Don” of October 28, 2025 at 11:54 AM

[Quote from Patrikios](#)

Could this use of KAPA 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? 😊

Sure. χαρα (khara) has a wide semantic spectrum it would appear from its LSJ entry: <https://www.perseus.tufts.edu/hopper/text?do...057:entry=xara/>

When you recollect something joyful from your past, you feel it throughout your body. I wouldn't get into the endorphins, etc., since that's anachronistic to Epicurus' time, but experiencing a remembered sunset or delicious meal gets "felt" throughout body and mind.

I found this citation interesting from Xenophon:

[Quote from Xenophon](#)

[25] οὕτω μέντοι, ἔφη ὁ Ἱέρων, καὶ τῶν σίτων ὁ μὲν ἔχων παντοδαπὰ ἀεὶ οὐδὲν μετὰ πόθου αὐτῶν λαμβάνει· ὁ δὲ σπανίσας τινός, οὗτός ἐστιν ὁ μετὰ χαρᾶς πιμπλάμενος, ὅταν αὐτῷ προφανῆ τι.

“Quite so, and we may add that he who has all sorts of food at all times has no stomach for any sort. Offer a man a dish that he seldom tastes, and he eats a bellyful *with gusto* .”