

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

Post by “DaveT” of October 28, 2025 at 4:12 PM

Thinking about this further, I believe Epicurus’ focus on understanding nature as the foundation for his belief system is parallel to the modern focus of science. And this includes physics, which wants to understand and apply natural laws. To paraphrase physicist Brian Greene’s statement: he is content to know that he is composed of particles of matter formed by natural processes from star formation. Since matter can only be converted to energy and vice versa, his atoms exist forever. Can’t be more Epicurean than that!

This seems to me to fit into the parallel concept I’m examining. Within the lifetime greatest goal of focusing on nurturing your life, there exists the means to that goal. The means are by increasing/decreasing pleasure and pain. The two are related to each other, like matter and energy; one can be converted to the other, but neither can be escaped from or done away with.

Life as the goal does not suffer from the truly rare exceptions of giving up one’s life for a friend or to avoid pain by suicide. Rather, it gains with the understanding of the means of nurturing life with pleasure that is totally within your personal control.

But back to explaining Epicureanism and focusing on a belief that life is the greatest good. That it can be a better *conceptual declaration* of what is the goal of life for the modern Western mind might bear out. (Again, only as a preliminary statement to anyone inquiring about it.)

Perhaps the above introduction should be accompanied with an explanation of the Epicurean awareness that *when you are dead, you’re dead*, which clarify the discussion to the goal of life *is life while you have it*.

And then, perhaps Epicurus’ observations in his Ethics might become less abstract, and clearer when expressed as: So enjoy your pleasurable thoughts and your well considered pleasurable activities. Your life deserves the best you can offer it.