

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

Post by "Raphael Raul" of November 8, 2025 at 10:56 PM

Relating to [PD03](#)

**The Experience of living in the Complete Absence of Pain is the Highest Point or Limit...of Pleasure..**

...For me, in my experience, when there is **Aponia, Ataraxia, and Contemplative activity** (of body, mind & spirit), whether philosophical or artistic, a person achieves a state of pleasure unknown to most humans, belabored by ceaseless work



and the constant anxiety to meet the expectations of this world. This pleasure is tantamount to the joy that the Gods relish, those Gods in bliss that Epicurus, I believe, metaphorically wrote of. ...Principal Doctrine 3 states: **"The limit of pleasure is the removal of all that pains. Wherever this state is present, there is neither bodily pain nor mental distress, and one is at the fullness of pleasure."** ...I should also mention, **Prudence**, **"practical wisdom"**, **Phrónésis**, **the greatest good**, which, when applied to the body, leads to health, Aponia. When applied to the mind, Ataraxia, which allows our spirit, that which animates the body and the mind, like electricity powers a car, to enjoy the pleasure of living. In my pastel illustration above, I have tried to convey Epicurus in this state of contemplative pleasure, writing his thoughts in his beautiful garden that his followers also enjoyed. As you can see, Epicurus writes with a slight smile, as Kalosyni once suggested he should have in an image she created....Yes, for me, a smile of satisfaction, of enjoyment, **of Pleasure**.  
..So, for me, **Prudence, Aponia, Ataraxia, and Contemplative Activity** have been a guide to a **pleasant and creative life**.  
**...Enjoy!** 😊