

Sunday November 9, 2025 - Zoom Discussion 12:30 PM EST - Epicurus on Good And Evil

Post by “Patrikios” of November 13, 2025 at 5:06 PM

[Quote from Matteng](#)

My thoughts regarding Pain:

1. Difference between faculty of Pain (and Pleasure) and Painful things/situation/ ideas.
The faculty is there to protect us, born from evolutionary self-preservation.

[Matteng](#)

Thanks for this outline of your thoughts on pain. I agree with your point that pain is there to protect us. Have you considered pain as Nature’s method to guide us back to our intended, normal, simple mode of operation for our mind & body. The more often and most efficiently we can operate without pain (of mind or body) the more likely we are to live more healthy, which is self preservation.