

Discussion of Article: "On Pleasure, Pain and Happiness"

Post by "Elli" of July 13, 2019 at 9:31 AM

"Absence of pain is pleasure". This is a definition which shouts out loud, and not a **description**. In general, oral and written speaking, for the descriptions, we use words and verbs that declare **motion**. What on earth of a motion has a word like "absence"? And the more some are trying to give a definition on pleasure or pain i.e. the feelings, the more they fail, and the more they are trying to speak about absolutes and the like. Because descriptions for being more **clear** have to be described with actions, and examples with experiences.

So, we see many theorizing and speaking more and more about asceticism, apathy, fantastic worlds, second life in heavens, and the like. But they are like that stupid fox of Aesop that when she saw sweet grapes, as she could not reach them, she named them as bitter. Bitter are their endless definitions.

This is the methodology of dialectic, and idealism in general that leads us to discussions without end, but the worse of all, it leads us to nihilism, inaction and slavery. The procedure of all that matters for Epicurus, it is to learn his methodology i.e. his way of thinking/acting. Humans' feelings and all the phenomena in Nature, and in our materialistic reality, can be given only by descriptions and not by definitions. Descriptions use words with as much clarity as they could, and the more the clarity they have, the more there is a human that has such experiences for understanding and the like through the **empathy**.

Time within the reality is flowing and when something happens in present it becomes quickly as a past. Observe a star and its light, it is not its present, it is not its future, it is its past.

Moreover, do you know how many deletions have been made in our brain when after a long time we are trying to give a description to a friend or even to our self about a fact that has happened to us either that fact was painful or pleasurable? Many deletions. Because our brain is focused not in the quantity but in the quality of that experience. And the quality is in self-sufficiency, in generosity, in pride of what we have achieved, and in understanding through empathy for the likes.

Once, an epicurean friend Mary Stamatiadou, who is a scientist in quantum biogenetics, she had said to me for Epicurus : Elli, there is no the issue of time in the way of thinking by Epicurus, there are no definitions in his methodology. There are no absolutes and standards in his manifold way of thinking. The only standard as the first principle, for him, is the particles and the void. The only he is doing is to describe probabilities according to whatever we

experienced in the past and what we're wishing for the present or future. To describe and at the same time to eliminate those probabilities that are obstacles to the goal of pleasure. Since, for him all the issues and the phenomena in Nature get **different values** in accordance with the materialistic reality, and the experiences in life of what we choose and what we are wishing to choose, and what we are able to choose for the goal of pleasure and eudamonia.

"Man is the measure of all things" as Protagoras said, and this is something as a good starting point for the existential Psychology to liberate the persons from fears and lead them to more and higher conscientious thoughts and actions of autonomy. Nature has many causes and many effects and some facts/things are similar, some are not similar. What we have to focus on, to observe in, and study of, as much as we can, it is Nature, our nature with the usage of our agency/faculties as given by her, for the achievement of ataraxia and aponia that these two words are also a description of pleasure and eudaemonia, which are also addressed to whom they can't understand us. And why many can't understand us? Because they do not **HAVE it deepen in their hearts** i.e. they did not **conquer** it "ex apalon onychon" i.e. from childhood. They are not the **masters** of themselves. They live in misery and trouble and they fight to each other to climb that throne, which has for its basis mud as Nietzsche said, and as I say not only mud, but shit. 😊