

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

Post by "Elli" of July 17, 2019 at 5:04 AM

Our epicurean friend Elayne wrote : **They can have what is clinically termed "alexithymia", inability to describe a feeling.**

WOW ! "alexithymia"... that's a greek word of that clinical situation that can also give the "apathy" of the stoics and stoicism. HA 😊

**Alexithymia :**

"Alex" means "I repel" or "I push back". That's how we have and that name "Alex+ander" that means I repel, or I push back "men".

and "thymos-thymia" which means [ the emotion] or [the passion]. "Alexithymia" means I repel my emotions, and that's the same with APATHY which means I uproot, I push back my emotions. And why I **am in the clinical situation of apathy or alexthymia**? Because "ex apalon onychon" i.e. from childhood, something enforced me to not make properly the measurement among pleasure and pain, something did not make me clear where are my limits among pleasure and pain, and of others limits too. Something enforced me to do my "**duty**", and accepting my "**fate**" or "**necessity**". And that "something" is an authenticity i.e. my parents and then people - as leaders - of my social environment, and this is NOT for purpose to lead myself and others in pleasure and happiness, **but for being a virtuous guy.** 😊

And now for a+taraxia that goes along with a+ponia.

this (a) means [without]

ataraxia means without agitation.

aponia means without pain.

ataraxia and aponia are words that describe the limits of magnitude of pleasures i.e. the situation that consciously I understand/feel with my body/mind/soul as the feeling of **pleasure**.

*Again the PD 3 : The limit of magnitude of the pleasures is the removal of everything painful, wherever there is pleasure, however long it may present there no pain or sadness of both together.*

Or

*Pleasure reaches its maximum limit at the removal of all sources of pain. When such pleasure is present, for as long it lasts, there is no cause of physical nor mental pain present – nor of both together.*

*Or with the fg 423 Epicurus addressed to peripatetics : "What brings unsurpassed joy is the removal of a great evil; and this is the nature of the good, if you apply your mind rightly and then stand firm, and do not stroll about chattering emptily" .*

Like the words "aponia" and "ataraxia", in greek language, we have the word "a+lithea". This "a" means [without] , and "lithe" which means [oblivion]. "**Alithea**" means the situation that is without oblivion. And in english is given with the word "truth". For the word "lithe" [oblivion] in english and greek languages the synonym words are "unconsciousness", "insensibility", "a stupor" "stupefaction", "senselessness", "a coma", "a blackout". That's why we call senses and feelings the criteria of "alithea" [truth] inside the methodology of the epicurean Canon.