

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

**Post by "Elli" of July 17, 2019 at 11:49 AM**

Elayne, please if you would like make the statement that [aponia] and [ataraxia] are words that give the description of the magnitude of the limits of pleasure, and for making more clear the description, make a reference of the PD3, as it was translated in my above text.

PD 3 on the limits of pleasure serves as the cornerstone for all further elaborations on the Epicurean understanding of pleasure and pain: the limit of the various, particular pleasures is the relief of the respective, corresponding "pains". For this, epicureans do not speak about "moderation" and "golden rule", but they always speak about limits, that are personal.

For the epicurean understanding of both, what is meant here is neither the ecstasy of delight nor the agony of torture, but the natural everyday activities of our personal experiences. For example, once one has eaten enough, one is no longer hungry. Logically, for as long as one continues to feel full, one is not hungry; nor, of course, can one feel both sated and hungry all at once. Since there is a graduation for this of our bodily procedure. Epicurus closes the argument snugly with a glaring reduction ad absurdum.

As well as, he goes on a crucial tangent, saying that this very same principle applies not only to pain in the strictly physical sense, but also to "that which causes sadness", or mental/emotional distress. This analogy between e.g. the "pain" of hunger and the "pain-trouble" of anxiety, or stress, or grief, has momentous ramifications in Epicurean ethics. Since, for Epicurus, the body/mind/soul is one and the same thing.

Epicurus' says that pleasure is as easily attainable as satiety in the course of attending to our everyday, natural needs: we can "fill" ourselves with ongoing emotional wellness just as easily as (and provided that) we can satisfy our hunger, thirst, and need of shelter and safety on a daily basis. The main core of this doctrine is that - through our sober reasoning - when we banish mere opinions and empty beliefs to which are due to the greatest disturbance of our mind/soul, so then, it's easy to understand consciously what makes us feel pleased and bliss.