

PD 25 meaning? by Woolf (2004)

Post by "DaveT" of May 11, 2026 at 3:28 PM

[Quote from Cassius](#)

Can even mental pain be totally eliminated / extinguished? What texts might you cite for that position that the mental pain of loss for a loved one (for instance) can be fully extinguished. I think of that example in part because I see wbernys earlier quoted Frances Wright (which I just now saw) and this always reminds me of her paragraph here from chapter 10:

This discussion is very interesting to me since it goes to the practicality of living in a reality of what you can sense, what you have experienced in the past, and our feelings of pleasure and pain. What challenges me, and perhaps all of us is the short term and the long term of living one's life. Taking the latter first, the long term might be measured by comparing all the pleasures we've luckily experienced vs. all the pains we've experienced and deciding retrospectively: "I have lived a satisfying, happy life." That exercise can give pleasure even as we engage in it.

It's the short term that is more challenging, though. The knowledge that my intimate partner may die before me, or my friendship must endure even though my friend is terminally ill are mental issues that dwell in our conscious thoughts and short term memories (and frightfully might endure there for a long time, if not forever).

I think solace can be found in persisting in the Epicurean pursuits, along with what modern science is showing how our plastic brains can be "managed" if you will. By conscious decisions to associate bad times that come to mind with the good times we've also had with a person, or a place, we can return to the pleasure of that relationship.