

Ongoing Discussion of Jack Gedney's "Untroubled" Substack Blog

Post by "Don" of May 16, 2026 at 10:14 AM

[Quote from Cassius](#)

Separate and apart from the necessary criteria, what does "natural" mean? Because I can see someone arguing that if it's natural, it's natural from the start and forever, just like atoms have shape, size, and weight.

As is my wont, let's consult [LSJ](#): The word Epicurus uses is φυσικός (physikos) "natural, produced or caused by nature, inborn, native; of or concerning the order of external nature, natural, physical." So, I take that to mean a desire which is aligned with the natural order of things, in other words, a desire which aligns with the natural order of seeking pleasure. If a desire leads to pain with no accompanying pleasure (I'm thinking the desire for the pleasure of a *healthy body* via the *pain* of exercise is natural) that's an "empty/vain/corrosive" desire.