

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

Post by "Cassius" of May 16, 2026 at 10:18 AM

## [Quote from Don](#)

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.

Ok well now if I understand you that, that would be to consider nature as "aligned with the goal of nature" and NOT "inborn with us at birth." Presumably there could be something destructive inborn in us at birth that is NOT aligned with the goal of nature, thus those are two different things.

So you are in the "alignment with nature's goal" camp rather than "inborn at birth" camp?