

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

Post by "Cassius" of May 30, 2026 at 1:50 PM

[Quote from Pacatus](#)

So (it seems to me), "emptying" would be limited to those "torments" (e.g. fear of the gods) via application of Epicurean philosophy - and not some Buddhistic "empty mind."

And in fact, there is no way to "empty" the vessel, short of death - because removing any amount of pain can only be done by replacing it with pleasure, as those are the only two alternatives.