

Nietzsche's Eternal Recurrence (Eternal Return) In Relation To Lucretius

Post by "Don" of June 22, 2026 at 11:13 PM

[Quote from Cassius](#)

indicative of people who want to place "relief from pain" as the center of Epicurean philosophy rather than pleasure. Because of course if relief from pain is your main concern, you wouldn't want to live forever (because you'd just keep encountering more pain and suffering.

[Quote from Cassius](#)

conclude that the most important thing for any Epicurean is to avoid even a moment of pain. Truly a death-wish and death-worship

I'll concede that some people do want to smuggle in Buddhist or Stoic ideas into Epicurus' philosophy, and this is not the right way to go. However, I have come to see that not all whose concern or focus is "relief from pain" are doing this. To paint everyone one who says something like "Epicurus calls us to relieve ourselves of pain" with the same brush as those who say something like "Ataraxia is like Buddhist satori (or other concept)" isn't warranted.

To pursue pleasure one must alleviate pain. Pain is banished, and pleasure takes its place. Epicurus *does* write quite a bit on the need to rid ourselves of the pain caused by wrong beliefs in Gods and death and by empty desires and by imprudent choices. Not everyone whose focus is "relief" or "avoidance" of pain means "avoid even a moment of pain" because they *acknowledge* some pain is necessary for greater pleasure.

Maybe I'm being naive. Maybe I've not spent enough time on Reddit or Facebook. In fact, to be specific, I'm talking especially about Gedney's *Untroubled* Substack. His work is one place, having taken time to engage more with his articles, that is more balanced than I initially gave him credit for.

I would offer that some of these "people who want to place 'relief from pain' as the center of Epicurean philosophy" (yes, Gedney included) are potentially powerful allies in the pursuit of spreading the good news of the pleasure offered by Epicurus' philosophy.