

Can an octopus be an Epicurean?

Post by “Don” of July 14, 2020 at 8:14 AM

For me, it's important to remember that when Epicurus talked about freedom from pain, he couldn't have been talking about ridding oneself of nociception. The feeling/sensation of pain, as the video and Paul Brand article show, is indisputably beneficial in keeping us safe and healthy. It seems to me that Epicurus had to be talking about **our reaction** to nociception. Aponia carried the connotation of not just freedom from "pain" but freedom from struggle, toil, trouble, labor. The Tetrapharmakos's last line stated that *The Terrible* (το δεινον "to deinson" (same as the dino- in dinosaur "terrible lizard"), referring to Pain, can be "easily" endured. So, we will still feel Pain (nociception) but we can make a conscious effort to endure it (our reaction to that pain). We need not struggle against it or dwell on it. "Endure" strikes me as "getting through" something. You don't stay with something. You get through it and know it will pass.