

Can an octopus be an Epicurean?

Post by "Godfrey" of July 14, 2020 at 11:48 AM

In my Zen days I was quite aware of the difference between "pain" and "suffering" as I was dealing with back pain. There was the sensation in the nerves, sometimes quite intense, (pain) and the cringing in anticipation of that pain or the tensing up in response to the pain (suffering). The "suffering" made the "pain" much greater; reducing the "suffering" helped in finding physical relaxation which in turn reduced the pain.

Regarding the idea in the article that we need to embrace pain as a friend: on the more subtle end of the scale, at least for myself, the tendency is to be totally ignorant of pain. I think this is what is mis-perceived as the mythical "neutral zone." Being aware of this low grade pain is, to me, a key skill for an Epicurean in that it can prevent much future, greater pain. You could even call it a life hack if you are so inclined.