

# Key Citations On Confidence

**Post by “Cassius” of October 4, 2023 at 12:12 PM**

1. **PD12**: A man cannot dispel his fear about the most important matters if he does not know what is the nature of the universe, but suspects the truth of some mythical story. So that, without natural science, it is not possible to attain our pleasures unalloyed.
2. **PD13**: There is no profit in securing protection in relation to men, if things above, and things beneath the earth, and indeed all in the boundless universe, remain matters of suspicion.
3. **VS34**. It is not so much our friends' help that helps us, as it is the confidence of their help.
4. **PD04**: As many as possess the power to procure complete immunity from their neighbors, these also live most pleasantly with one another, since they have the most certain pledge of security, and, after they have enjoyed the fullest intimacy, they do not lament the previous departure of a dead friend, as though he were to be pitied.
5. **Epicurus to Herotodus [83]**: Here, Herodotus, is my treatise on the chief points concerning the nature of the general principles, abridged so that my account would be easy to grasp with accuracy. I think that, even if one were unable to proceed to all the detailed particulars of the system, he would from this obtain an unrivaled strength compared with other men. For indeed he will clear up for himself many of the detailed points by reference to our general system, and these very principles, if he stores them in his mind, will constantly aid him. For such is their character that even those who are at present engaged in working out the details to a considerable degree, or even completely, will be able to carry out the greater part of their investigations into the nature of the whole by conducting their analysis in reference to such a survey as this. And as for all who are not fully among those on the way to being perfected, some of them can from this summary obtain a hasty view of the most important matters without oral instruction so as to secure peace of mind.

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**Post by “Cassius” of March 13, 2024 at 9:08 PM**

I need to find the proper cite for this one, which needs addition here in this thread.

11. The stable condition of well-being in the body and the sure hope of its continuance holds the fullest and surest joy for those who can rightly calculate it.

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## Post by "Don" of March 13, 2024 at 10:41 PM

### [Quote from Cassius](#)

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11. The stable condition of well-being in the body and the sure hope of its continuance holds the fullest and surest joy for those who can rightly calculate it.

Where does your "11" come from? This sounds like just an alternative translation of Fragment 68. To those who are able to reason it out, the highest and surest joy is found in the stable health of the body and a firm confidence in keeping it.

τὸ γὰρ εὐσταθὲς σαρκὸς κατάστημα καὶ τὸ περὶ ταύτης πιστὸν ἔλπισμα τὴν ἀκροτάτην χαρὰν καὶ βεβαιοτάτην ἔχει τοῖς ἐπιλογίζεσθαι δυναμένοις.

From Attalus:

[ U68 ]

Plutarch, That Epicurus actually makes a pleasant life impossible, 4, p. 1089D: It is this, I believe, that has driven them, seeing for themselves the absurdities to which they were reduced, to take refuge in the "painlessness" and the "stable condition of the flesh," supposing that the pleasurable life is found in thinking of this state as about to occur in people or as being achieved; for the "stable and settled condition of the flesh," and the "trustworthy expectation" of this condition contain, they say, the highest and the most assured delight for men who are able to reflect. Now to begin with, observe their conduct here, how they keep decanting this "pleasure" or "painlessness" or "stable condition" of theirs back and forth, from body to mind and then once more from mind to body.

Aulus Gellius, Attic Nights, IX.5.2: Epicurus makes pleasure the highest good but defines it as sarkos eustathes katastema, or "a well-balanced condition of the body."