

# Pleasures of the soul, Values, Meaningful Life

Post by "Matteng" of June 18, 2022 at 5:45 PM

Hello,

For the context: I've moved from the stoic camp to the epicurean and I am learning the Epicurean principles.

In metaphysics and epistemology the Epicurean have in my opinion the better and more realistic approach.

Now I dive more into the ethics.

In ethics I wonder if Pleasure involves personal values besides the "pure bodily" pleasures.

(There is a citation which says: Beside the pleasures of seeing, hearing, tasting, touching... I would not know any pleasure)

But I think I get it wrong.

Where are personal values in the Epicurean pleasure concept if they are there ?

Because I see virtue as a means to fulfill these values which give me pleasure (maybe that's the answer, a wide interpretation of pleasure ? )

Beside the pure sense-pleasures, I value for example that:

-I am not addicted to something/someone

-value friends/family, progress in society,

-have compassion for humans and animals

-love to learn new things and philosophy (like Epicurus), learning about nature, value/ like to improve abilities.

Are that "pleasures of the soul" ?

Or are these values part of "virtue" ? That virtue gives pleasure ?