

[Toby Sherman's Ancient Guide To Modern Well-being] That article I mentioned at the on line Wednesday 8/17 meeting

Post by “Kalosyni” of August 18, 2022 at 9:58 AM

[Quote from Cassius](#)

According to the Epicurean account of desire, achieving one’s heart’s desire is no better than not having one."

This guy can really turn a phrase. He does a great job highlighting the issues!

These interesting excerpts you've posted Cassius (I haven't read the article yet).

What came to my mind after reading this particular one, was a concept from Hinduism - "Divine Lila (Leela)" - which translates as "Divine Play" and in a very simplified sense could be thought of just as in Shakepeare's quote:

"All the world's a stage, and all the men and women merely players"

Ultimately there could be a kernal of truth in "achieving one's heart's desire is no better than not having one" -- yet thinking this way about desire makes life not worth living, and misses the point of making meaning out of life and the human condition ---- The show must go on! We must play the play and engage in life fully. And Epicurus says to make choices wisely -- and my own interpretation is to make choices which lead to a "sweet life" filled with joys of the heart.

This article just proves the importance of needing to explain that the Epicurean aim is to live joyfully. And also the need to define what is a joyful life and how to create one.