

# Short Video on Nietzsche vs Plato On "True World Theory" Which May or May Not Reflect Epicurus' Views

Post by "Kalosyni" of December 9, 2022 at 11:32 AM

Quote from the transcript:

Quote

While all these shadows of god possess flocks of disciples, today the true world theory of choice for the masses is what the 20th century psychologist Michael Mahoney called the myth of arrival. Those who subscribe to this myth believe that one day they will reach a turning point in life; all their frustrations and problems will disappear, and they will finally be happy. In other words, they believe that in the future they will enter their own personal utopia, or true world, or as Mahoney writes:

Quote

"Embedded in the myth of arrival...is the message that...there will come a day when our struggles and suffering will be finished. Depression, anxiety, anger, and all manner of "ill being" will finally end. We will wake up one morning and clearly recognize that we have "arrived": We will have gotten ourselves and our lives "together" in a way that can never be undone. We will be healthy and happy. We'll be in the job, the home, and the relationship that we have always wanted, financially comfortable and fundamentally at peace with ourselves."

*Michael Mahoney, Constructive Psychotherapy*

What is presented in the above excerpt brings up thoughts for understanding the goal for Epicureans (as it is understood sometimes differently for each person):

Epicurean Goal could be expressed as one (or more) of the following:

- 1) pleasure
- 2) pleasure built upon ataraxia
- 3) happiness/well-being

And it is important to realize we can't ever reach perfect peace of mind or perfect happiness -- this world we live in has uncertainties and things which we can't control -- so life will be filled with a mix of both good and bad emotions which arise depending on the situation. So it would in fact be unreasonable to strive for perfect tranquility. The best we can do is to make smart choices and avoidances while also pursuing the things in life which bring pleasure.

<http://www.epicureanfriends.com/thread/2774-short-video-on-nietzsche-vs-plato-on-true-world-theory-which-may-or-may-not-refl/?postID=21123#post21123>