

Comparing "the goal" for various ancient Greek philosophies

Post by "Onenski" of June 7, 2023 at 6:19 PM

Hi, [Kalosyni](#) .

In the case of Epicureanism I think that the goal can be reached with the help of these resources:

- * Reflection on epicurean arguments (reading and remembering epicurean letters, for example). Especially, the fact that pleasure is the beginning and end of a happy life.
- * Memorization of [principal doctrines](#) in order to have the arguments present in daily life.
- * As a way of moral reminders: portraits, rings or cups with the picture of Epicurus. The idea is to remember the practice of pleasure. (In the case of the statue, the divine Epicurus remembers the divine character of those who live pleasantly).
- * Friendship and frank criticism for the correction in the practice of Epicureanism.
- * Remember good moments in life (as Austin recommends): every day, or whenever we are bored or we are suffering.

For Aristotle:

- * Musical education (this is part of an educational plan in *Politics* VII). My interpretation is that music reproduces passions, and if we get used to moderate passions, then we are prone to moderation in passions and actions.
- * Habituation (a frequent and directed practice of every virtue with the help of a teacher or any guidance). (*NE*, II.9)
- * Appreciation of tragic plays (this can increase moral understanding of human circumstances and decision making). (*Poetics*)
- * Friendship: a virtuous friend can help in developing virtue or correcting vices. (*NE* VIII and IX)

In both cases (and I dare to say that in all cases) the most important it's a personal engagement in the conception of the goal of life.