

Eudaimonia and Makariotēs in the Letter to Menoecus

Post by “Kalosyni” of May 31, 2026 at 12:11 PM

[Quote from Don](#)

Within "pleasure" there is tranquility, blessedness, painlessness, joy, delight, happiness. They're all related, because "the feelings are two." To give the "camp" that emphasizes the absence or removal of pain their due, Epicurus does teach us to work to remove the pain of fear of gods, death; remove the pain from empty desires.

[Don](#) Your post got me thinking...perhaps we need to consider that there are "four feelings"...

1. Feelings of mental pleasure
2. Feelings of mental pain
3. Feelings of bodily pleasure
4. Feelings of bodily pain

So, if you remove mental pains, it doesn't necessarily add in bodily pleasure. Just like if you add in bodily pleasure, it doesn't necessary remove mental pains.