

The Relationship of Happiness and Blessedness

Post by “Patrikios” of July 13, 2026 at 6:21 PM

[Quote from Pacatus](#)

Kalosyni

I agree with you about exegesis itself. Nor do I disagree with your exegesis. Nor am I attempting any eisegesis on the texts.

I am simply saying that I personally cannot relate to the concept of blessedness (nor any kind of god-likeness) in my life. Even as I (I think) understand your explanation (exegesis), which I am not disputing. And I don't believe that I, personally, am losing out on anything there.

Thank you for your patience. 😊

[Pacatus](#) ,

It appears from your posts that you may not see a modern practical application for the deep study & grasping of the **'blessedness of the gods'**. Therefore you don't see the need or how to apply the concept in your life. I firmly agree with you (and [Cassius](#)) that there are no 'gods' interfering in our lives, or answering our prayers.

My response may not directly reflect to your concerns on this topic, but let me humbly share how I have come to understand and apply the concept.

After meeting all my natural & necessary needs, and being in a general state of full personal pleasure; I can then choose to tackle, through a meditative process, a difficult situation that causes me anguish or anxiety. To deal with such a scenario as objectively as possible, I have found that applying the aspects of KD-01 while in a deep katastemic state (meditation for me) focused on how a *"blessed"* wise man would examine the situation and the people involved from the perspective of *"a being that has no trouble and brings no trouble upon any other being"*.

In other words, I try to envision the people involved in the situation and imagine ways of approaching the problem *"free from anger and partiality"*. Some of this came from my studies of Philodemus and his urging students to study these truths deeply. [sorry, I don't have citation]

This may not be a process that works for you, [Pacatus](#) , as I fully respect the different path with different perspectives you have travelled. This application of KD-01 has worked for me in enabling me to be more open to solving situations, especially when I can reign in the negative

thoughts and find a path forward that brings me net natural pleasure and causes the least disturbance to other beings.

This is only an example where viewing a difficult scenario from a “blessed” POV provides a framework that has been beneficial in some situations, not all.

Thanks for a lively discussion!