

# Multiple Components Comprise the Epicurean Life

Post by “Kalosyni” of October 22, 2021 at 5:46 PM

I feel like I am not able to follow all of the various ins and outs of thought presented by [Cassius](#) regarding Epicurus vs. SPA (Socrates Plato Aristotle), as I don't have enough knowledge of those schools. Also, my knowledge of Epicurus' philosophy is sorely lacking. And I might be not directly responding to the above points, but will simply respond anyway, on the basis of my intuitive personal ideas.

A. The ultimate goal that I would like to choose for myself is to live joyously and sweetly.

B. The guide to my living joyously and sweetly is to use pleasure which is governed by wisdom and reason.

So for me it is to pursue pleasure when governed by reason and wisdom. And to be kind to myself when I make errors in judgement (which invariably will happen). Or, if at times I act out of impulse (without considering the consequences of my actions) then I shouldn't be surprised by the chance of experiencing unexpected consequences which may lead to less joy and less sweetness.