

From The "Golden Mean" to the "Summum Bonum" - Useful or Deceptive Frames of Reference?

Post by "Kalosyni" of February 18, 2022 at 12:03 PM

Regarding the telos, etc. So certain philosophers wanted to have things so neat and tidy...did Epicurus want things neat and tidy too? (or was this just a tactic of the opposing schools to say Epicurus' ideas were "not right").

Or because he was basing his thinking on the material world did he then see a messy quality to the world?

My questions here could be due to a "post-philosophical" way of thinking...going beyond "cooking with a set recipe" to "using the ingredients on hand" so basically that would mean that sometimes wisdom is a primary tool for making choices and other times pleasure works best as the primary tool for making choices... and sometimes both wisdom and pleasure at the same time. And as for defining the abstractions of good, highest good, pleasure, etc.... If we are forced to set aside "black and white" thinking...then we use "shades of gray...meaning that we must always base things in observable specific situations. There won't be one rule or correct way that can be referred to...so that means that sometimes we don't choose the immediate pleasure at hand, but instead wait for a future pleasure which will be much more fulfilling. But we must see that we are all "cooking without a recipe and using what we have on hand" as we navigate through life.

[Quote from Cassius](#)

whatever the electro-chemical process is by which our minds recognize pleasure, that electro-chemical process likely functions in the same way for all pleasures. So in that sense the way in which we perceive pleasures internally likely IS pretty much the same for all pleasures

I'm not sure we perceive all pleasures in the same way...because of the mix of serotonin, dopamine, endorphines, oxytocin, and they each act differently within the brain. So for peak happiness it would be good to pursue activities that trigger each of these chemicals. So just like there are "four food groups" that we should eat from for good health. Then there are these "four brain health groups" that give optimum happiness.

This is a good article:

[The Importance of Happiness Chemicals | nib](#)

Serotonin, dopamine, endorphins and oxytocin are happiness chemicals that have a huge impact on how we feel each day. Dr Michela Sorensen takes us through the...
www.nib.com.au

<https://www.epicureanfriends.com/thread/2401-from-the-golden-mean-to-the-summum-bonum-useful-or-deceptive-frames-of-reference/?postID=16909#post16909>