

# Natural Goods in Epicureanism

**Post by “Kalosyni” of June 12, 2022 at 10:49 AM**

The above article needs to be critically read since it does touch on tranquility, and kinetic/katastematic pleasure. Read this article with care. I would say that we here on the forum view tranquility as an abstract ideal which is not the ultimate goal of living. I find that reading this opens up the whole tranquility question, all over again. And so then this question pops up: Is a life of tranquility happy or pleasureable? It really all depends on how you define tranquility, and how you make choices. Do you stay home and do nothing?

From the article:

That which causes or leads to the elimination of bodily and mental pain is an instrumental good. A constitutive good is an intrinsic good. Not clear about what benefit the categorization of instrumental vs. constitutive goods hold.

VS 32 -- reverence is an instrumental good (showing reverence for a wise man is itself a great good for him who reveres).

PD 27 / VS 28 -- wisdom is an instrumental good (of all the things that wisdom provides for the complete happiness of one's entire life, by far the greatest is friendship).

Self-sufficiency is a constitutive good (Ep. Men. 130)

Phronesis is a good (Ep. Men. 132)

Friendship is a good (PD 27 / VS 28)

There is also a section on personal goods.