

Pleasures of the soul, Values, Meaningful Life

Post by "Don" of June 18, 2022 at 7:11 PM

Welcome to the Garden, [Matteng](#) 😊

I'll try and address a couple of your questions:

[Quote from Matteng](#)

if Pleasure involves personal values besides the "pure bodily" pleasures.

Pleasure includes both pleasure felt in the body and pleasure felt in the mind, although that's a little misleading in that all pleasure in some sense is both in the mind and body. We need both a body and mind too experience pleasure.

[Quote from Matteng](#)

I see virtue as a means to fulfill these values which give me pleasure (maybe that's the answer, a wide interpretation of pleasure ?)

The virtues (ex. justice, morality, courage, etc.) are *only* means to leading a pleasurable life. They have no value - other than that - in and of themselves. There is no such thing as "virtue for virtue's sake" in Epicurus's philosophy. The virtues do not fulfill any other purpose than as a means to a pleasurable life.

[Quote from Matteng](#)

- I am not addicted to something/someone
- value friends/family, progress in society,
- have compassion for humans and animals
- love to learn new things and philosophy (like Epicurus), learning about nature, value/like to improve abilities

If those activities provide you a sense of pleasure, that's one track then. Preface each of them with "I take pleasure in..." and see how that sounds to you.

I'll stop there and see what others may add.