

Another mainstream article claiming ataraxia is the goal

Post by "Don" of September 26, 2022 at 12:42 PM

I'm leaning toward Metrodorus in his fragments. Here's what I posted in another thread:

"Metrodorus, in his book On the Source of Happiness in Ourselves being greater than that which arises from Objects, says: 'What else is the good of the soul but the sound state of the flesh, and the sure hope of its continuance?'"

This, to me, points to the "source" - "the sound state of the flesh" (to sarkos eustathes *katastema*) - being a more confident source of pleasure than "objects" (kinetic pleasure). It does NOT say the source "in ourselves" is "better (more value)" just that we can be more "sure" of its continuance - I would add - because we have control over it.