

A psychologist and a functional medicine practitioner discuss happiness, eudaimonia, wellness, free will and more

Post by “Godfrey” of December 30, 2023 at 1:00 AM

[Quote from BrainToBeing](#)

I think real ethics are internal, not external.

Agreed.

[Quote from BrainToBeing](#)

I think we achieve excellent ethics when the foundation of our behavioral choices is not "me" but "we" - involving a larger group of valued considerations.

Does this quote conflict with the previous quote? My take is that it doesn't: most people make choices which are concerned with matters involving themselves, as well as matters involving things outside of themselves. But the choices themselves are internal, including the choices as to which matters to pursue.

However I'm wondering if the second quote is suggesting that there's a way in which the external becomes internal. The Epicurean Canon relies on external inputs. Is this quote making the case for a faculty (perhaps neurological) in addition to the sensations, anticipations and feelings?