

# Health of the Body and Happiness of the Soul -vs- "The Goal is Pleasure"

Post by "Kalosyni" of June 4, 2024 at 7:16 PM

## [Quote from Kalosyni](#)

to live as Epicureans we need to get more clear about what our life goal is. Here I mean "goal" in a philosophical sense, not in getting a good career or marriage and family (these could be thought of as a means but not an end). The goal we hold in our mind becomes a kind of "canon" for how we make decisions.

We need an internal personal "measuring stick" with which to determine what to choose and what to reject (avoid), and this will come out of our individual definition of "pleasure". (Edit note: 06/07/24 - I added a few more words to this paragraph to increase clarity).

(Read about Don's recent recommendation to use the word "reject" vs "avoid" [here](#)).

This "measuring stick" isn't a absolute rule, but it is a very helpful guide.

We naturally move toward pleasure, but we can make a quick decision to avoid a particular pleasure (and here when I say "pleasure", I mean objects of potential pleasant and pleasurable sensation -- we can choose to avoid it if we either guess, or know from experience or from someone else's advice that it will result in physical pain, physical illness, or death, or mental agitation or mental turmoil).

Our end goal is health of the body, and freedom from mental turmoil of the mind -- because where pain is not, there is a pleasant and pleasurable state of existence, and a blessedness.