

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

Post by "Kalosyni" of June 4, 2024 at 9:11 PM

## [Quote from Kalosyni](#)

And from the Wall of Diogenes of Oinoanda:

"...observing that most people suffer from false notions about things and do not listen to the body] when it brings important and just [accusations] against the soul, alleging that it is unwarrantably mauled and maltreated by the soul and dragged to things which are not necessary (in fact, the wants of the body are small and easy to obtain — and the soul too can live well by sharing in their enjoyment — while those of the soul are both great and difficult to obtain and, besides being of no benefit to our nature, actually involve dangers)."

This I find to be interesting because it is pointing to the needs of the body as being primary. And the way that I read this it could be hinting at what is the "unnatural and unnecessary" category -- and that the mind (soul) is what creates all sorts of whims to chase after (such as prestige and power, etc) which could end up with bad consequences.