

# Unpaid\_Landlord's personal outline

Post by "UnPaid\_Landlord" of July 5, 2024 at 1:48 PM

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What is the Goal of Epicureanism?

It's Aponia and Atraxia, basically a body free of pain and a mind free of trouble,

The highest pleasure itself is Aponia and Atraxia, the limit of pleasure is reached when we attain it.

Here is my take regarding the Epicurean goal:

There are all these pleasures:

- There are pleasures of the body - sights, sounds, smells, tastes, touches, movement, rest, etc. - and these last for a certain allotment of time (some of these pleasures are very short lived).
- There are pleasures of the mind - joy which arises from friendship, sufficiency, wisdom, learning, gratitude, and remembering pleasurable experiences of the past, etc., ...as well as the cultivated awareness of when body and mind are free from pain - and these pleasures also last for a certain allotment of time (these can have a longer duration (for example it is stated that friendship is an "immortal good").

We do see that *eudaimonia* is mentioned in the Letter to Menoecus:

"Reflect on what brings **happiness**, because if you have that you have everything, but if not you will do everything to attain it."

Eudaimonia is also roughly translated as well-being. So for myself, I see eudaimonia as being the goal (and eudaimonia also includes pleasures).

Being that pleasure is a natural uprising of life, then we accept all pleasures which lead to a life well lived - a full life lived with joy and well-being, and a healthy mind in a healthy body.

Also, if you look at PD 4 again (in post 4), you'll see that there is the word "delight", so to me this points to the idea that pleasure is to actively be sought out.

"Pain does not last continuously in the flesh; instead, the sharpest pain lasts the shortest time, a pain that exceeds bodily pleasures lasts only a few days, and diseases that last a long time involve delights that exceed their pains." - PD 4

So an Epicurean would specifically seek out prudent pleasures.

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I have a question [Kalosyni](#) I have heard somewhere that Epicurus favoured the pleasures of the mind over the pleasures of body, is that true ?