

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

Post by "Kalosyni" of September 8, 2024 at 9:16 PM

This thread was based on some slides made for a First Monday Zoom back in June. It was an attempt to emphasize the abstract rather than the specific.

It says in the Letter to Menoeceus:

"The steady contemplation of these facts enables you to understand everything that you accept or reject in terms of the health of the body and the serenity of the soul — since that is the goal of a completely happy life."

So my intention was to highlight the importance of prioritizing the health of the body and happiness of the soul. If we only say "pleasure is the goal" it isn't going to produce the same results as prioritizing the health of the body and the happiness of the soul.

Some people may want to discuss this philosophical conundrum (will this lead to "too much tranquility"?).