

Neither "ataraxia" nor "not ataraxia", but "Joy as the goal"

Post by "Matteng" of February 26, 2026 at 2:18 PM

Both is necessary to fulfill the natural/necessary desire for Eudaimonia, a life of Pleasure.

For Ataraxia and removal of Suffering/Pain we need to be active and pursue Pleasures prudently. To hide fearful of pain in a cave let you painfully starve full of agony.

To be a pure egoist let you live painfully. To be pure altruist let you live painfully.

To develop a Character full of Virtue(core phronesis) and love/friendship (philia) includes both: self interest + altruism and balances it which includes the motivation to lead a life of sustainable and optimal possible Pleasure for your life which you agree within yourself, Eudaimonia for which some kinds/ degree of pain and risk is worth it.