

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

Post by "Kalosyni" of May 3, 2026 at 8:32 AM

[Don](#) I am grateful to read your your very good and helpful input on this thread. 😊

[Matteng](#) and [wbernys](#) I think it is important to consider that the teachings of Epicurus are not presented in a linear fashion - and you need to look at the whole picture.

We see in [PD27](#), it says: "Of all the things which wisdom acquires to produce the blessedness of the complete life, far the greatest is the possession of friendship."

This PD brings in the idea of "the blessedness of the complete life".

The primary ancient Greek word for the blessedness of a complete (fortunate) life is **makarios** (μακάριος), often used to describe the enviable state of the gods or the self-sustained blessedness of a life where all needs are met. Another crucial term for the enduring, flourishing "good life" is **eudaimonia** (εὐδαιμονία), representing lasting happiness and prosperity.

- **"Blessedness" - Makarios (μακάριος):** Refers to a state of supreme happiness, often signifying being blessed or fortunate, particularly used to describe divine existence or the secure, self-sustained state of the wealthy. It implies a total satisfaction where all needs are met and secured, frequently translated as "blessed" or "happy".
- **Eudaimonia (εὐδαιμονία):** Translates to "happiness," "flourishing," or "living well." It is often considered the pinnacle of human life, as a life of complete well-being rather than just a fleeting emotion.

At the end of the Letter to Menoeceus we see:

"Meditate therefore on these things and things akin to them night and day by yourself; and with a companion like to yourself, and never shall you be disturbed waking or asleep, **but you shall live like a god among men**. For a man who lives among immortal blessings is not like unto a mortal being."

For me, it seems clear in my imagination that the gods are living in a state of joy.