

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

Post by "Kalosyni" of May 3, 2026 at 9:00 AM

[Quote from Kalosyni](#)

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.

There is lots of good discussion happening here. But I wanted to re-state what and why I titled this thread as: "Neither "ataraxia" nor "not ataraxia" but "Joy as the goal". Perhaps it would have been more clear if I had said "eudiamonia" instead of joy.

My primary intention is for us to get out of our heads the common mantra put forward by the internet search engines (and by many philosophy scholars) that the end-all, be-all goal of Epicureanism is ataraxia. It's like this: Let's say you have a goal of having an omlet for breakfast. But then you state: "My goal is eggs". And you ignore that there is something much bigger (the omlet) which contains cheese and all the veggies, plus milk (and butter and the use of a hot frying pan) that go into the omlet and the making of the omlet.