

# The Relationship of Happiness and Blessedness

Post by “Kalosyni” of July 9, 2026 at 1:42 PM

There is a difference between "well-being" and "blessedness"...

Apologies, as this is generated from Google query: how does blessedness differ from eudaimonia?

In ancient Greek philosophy, **Eudaimonia (εὐδαιμονία) is the process of active human flourishing, while Makarios (μακάριος) is the secure state of absolute contentment.** [[1](#), [2](#)]

Think of *Eudaimonia* as the journey of a life well-lived, and *Makarios* as the ultimate, unshakeable peace resulting from it. [[1](#), [2](#)]

Their conceptual differences are detailed below:

| Feature                   | Eudaimonia (Human Flourishing)  | Makarios (Divine Blessedness / Bliss)   |
|---------------------------|---|---|
| <b>Literal Meaning</b>    | Having a "good inner spirit" or guiding genius.   | Blessed, supremely fortunate, or self-contained.  |
| <b>Nature of the Term</b> | <b>Active &amp; Generative:</b> Living excellently according to virtue and reason over a lifetime.                          | <b>Static &amp; Experiential:</b> A steady state of undisturbed mental peace and completion.                                  |
| <b>Origin / Source</b>    | <b>Human Effort:</b> Built step-by-step through moral choices, education, and habituation.                                  | <b>Divine or Ideal:</b> Historically a quality unique to the gods, later achieved by humans through deep philosophical peace. |
| <b>Vulnerability</b>      | <b>Slightly Vulnerable:</b> Aristotle noted tragedy or extreme misfortune (like King Priam) could break <i>Eudaimonia</i> . | <b>Invulnerable:</b> A state of tranquility ( <i>ataraxia</i> ) so deep that external crises cannot shatter it.               |

## How Epicurus Blends Them

In his [Letter to Menoecus](#), Epicurus closely links these terms to redefine how humans experience happiness: [[1](#)]

- **The Path (Eudaimonia):** Epicurus argues that certain basic, natural desires are essential for *Eudaimonia*. We achieve this by actively pruning away empty desires (like the pursuit of fame or endless luxury) and eliminating the mental pain caused by the fear

of death or the gods. [[1](#), [2](#), [3](#)]

- **The Goal (Makarios):** By successfully practicing this active Epicurean lifestyle, a person transitions into a state of **μακαρίως (blessedly) living**. You acquire a god-like tranquility, meaning your mind is completely peaceful and satisfied, having transcended regular human anxiety. [[1](#), [2](#), [3](#), [4](#), [5](#)]

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----> So you could say that eudiamonia is kinetic, and blessedness is katastematic.