

The Relationship of Happiness and Blessedness

Post by "Kalosyni" of July 10, 2026 at 11:46 AM

[Quote from Pacatus](#)

[Quote from Kalosyni](#)

You acquire a god-like tranquility, meaning your mind is completely peaceful and satisfied, having transcended regular human anxiety

This is exactly the kind of ideal (in the sense of ultimate goal or *telos*) I no longer entertain, let alone strive for – like Nirvana or Bodhi or “big Satori.” I just let that kind of thing go – relaxing from it, as it were.

Note: Speaking only for myself, not denigrating or dismissing anyone else’s quest or pursuit! ❗

[Pacatus](#)

Here is why I think is important to contemplate a difference between "well-being" (of living a life well) and "blessedness" (of the gods) -- as according to the Letter to Menoeceus and Epicurean philosophy. And also when doing so, it is important to set aside other spiritual/philosophical notions and ideas such as "Nirvana/bodhi/satori" etc.

In Epicurean philosophy we see at the start of the Letter to Menoeceus and at the start of the [Principal Doctrines](#), the idea of accustoming oneself to understand the true nature of death. If we combine this with understanding the natural world, and the nature of the soul, as is explained in *De Rerum Natura*, we come to see more clearly the causes of things and the natural cycles of things.

This is a process that takes time. However, after having fully grasped this new way of mentally relating to the idea of death, it is impossible to lose this understanding. This contemplation and understanding gives one quite a different approach to both life and death that the average person does not have (they may have intense worries, fears, and grief with regard to death that come up anytime death is seen or talked about). This Epicurean cultivated attitude, which is achievable by anyone who takes up the practice, can be said to be a kind of fearlessness that the gods possess. A main reason that the gods are blessed is because they go about their existence without the fears of death that plague humans.

This can be such a different way of viewing death that others that don't see it the same way will be either at awe or shocked. So it is best to just console and comfort others as best as one can. This grounded quality toward death will externally (to others) make one appear "as wise".

<https://www.epicureanfriends.com/thread/5169-the-relationship-of-happiness-and-blessedness/?postID=40656#post40656>