

# Phaedo and prolepses

Post by “Cassius” of October 18, 2020 at 7:08 PM

Thanks Godfrey! This from the [wikipedia page for "essence"](#) is what I am remembering:

## Ontological status

In his dialogues [Plato](#) suggests that concrete beings acquire their essence through their relations to "[Forms](#)"—abstract universals logically or ontologically separate from the objects of sense perception. These Forms are often put forth as the models or paradigms of which sensible things are "copies". When used in this sense, the word form is often capitalized.<sup>[5]</sup> Sensible bodies are in constant flux and imperfect and hence, by Plato's reckoning, less real than the Forms which are eternal, unchanging and complete. Typical examples of Forms given by Plato are largeness, smallness, equality, unity, goodness, beauty and justice.

[Aristotle](#) moves the Forms of Plato to the nucleus of the individual thing, which is called *ousia* or substance. Essence is the *ti* of the thing, the *to ti en einai*. Essence corresponds to the *ousia*'s definition; essence is a real and physical aspect of the *ousia* (Aristotle, [Metaphysics](#), I).