

# **Eudaimonia and Makariotēs in the Letter to Menoeceus**

**Post by “Kalosyni” of May 30, 2026 at 5:24 PM**

This thread is for cross-referencing and further discussion on the blog article:

# Eudaimonia and Makariotēs in the Letter to Menoecus



Blog Article

## [Eudaimonia and Makariotēs in the Letter to Menoecus](#)

# Eudaimonia and Makariotēs in the Letter to Menoecus

Blog article by Kalosyni - The following is based on material developed for the Epicurean Ethics study group

## 1.1 Eudaimonia (εὐδαιμονία): Happiness and Well-being

Among the surviving writings of Epicurus, the *Letter to Menoecus* provides a summary of his ethical philosophy. At the heart of the letter stands the Greek word *eudaimonia* (εὐδαιμονία), commonly translated as "happiness," "well-being," or "human flourishing." The Greek term *eudaimonia*...



Kalosyni

May 30, 2026 at 4:11 PM

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## Post by "Cassius" of May 30, 2026 at 5:28 PM

### [Quote from Kalosyni](#)

For Epicurus, happiness is not a temporary feeling of pleasure or excitement but a stable condition of living well. In Epicurean thought, it refers to a life that is complete, satisfying, and free from suffering. It is not merely an emotion but an enduring state of flourishing.

In regard to "free from suffering" that does not mean *totally* free, right, because we have the example of Epicurus bring happy on his last days while still under great pain?

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## Post by "Kalosyni" of May 30, 2026 at 5:40 PM

### [Quote from Cassius](#)

In regard to "free from suffering" that does not mean totally free, right, because we have the example of Epicurus bring happy on his last days while still under great pain?

I just now added in the word "mental"...so now it reads: *free from mental suffering*.

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### **Post by "Cassius" of May 30, 2026 at 5:51 PM**

Same question - must one be *totally* free of mental suffering in order to be happy?

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### **Post by "Kalosyni" of May 30, 2026 at 6:30 PM**

[Quote from Cassius](#)

Same question - must one be totally free of mental suffering in order to be happy?

Thanks for asking...

No, but free from unnecessary mental suffering.

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### **Post by "Don" of May 30, 2026 at 6:53 PM**

[Quote from Kalosyni](#)

[Quote from Cassius](#)

Same question - must one be totally free of mental suffering in order to be happy?

Thanks for asking...

No, but free from unnecessary mental suffering.

Agreed. Once the false beliefs of the gods, death, and similar ones, we can have a firm foundation free from unnecessary mental pain, fear, and anxiety.

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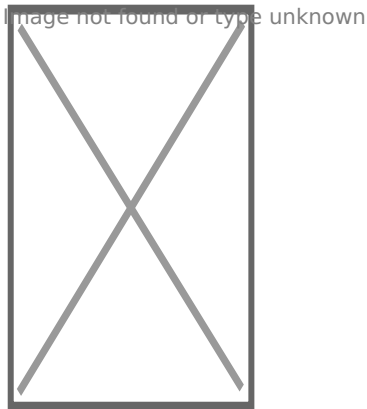
## Post by “Don” of May 30, 2026 at 7:01 PM

FWIW (from my Menoikeus commentary)

μακάριον

This word is often translated as "blessed, fortunate, wealthy, 'well-off.'" There appears to be no certain etymology of the root [makar] or the longer form [makarios/on]. It appears to possibly have something to do with being wealthy, either literally or figuratively. *Taking Ancient Mythology Economically* by Morris Silver has a very interesting section on the origins of the word. This is yet another example of the inadequacy of using one word to translate from one language to another.

See also



[Taking Ancient Mythology Economically](https://books.google.com)  
books.google.com