Ancient Greek Happiness Lexicon

Overview: This short article describes ten ancient Greek terms and supportive actions with (over 21) quotations (by noted Ancient Greek thinkers) that will support, enable and facilitate your soul to reach happiness and live a more harmonious and balanced life in a more mindful way. These include: **'Aponia', 'Arete', 'Ataraxia', 'Eudaimonia', 'Euthymia', 'Hedone', 'Nous', 'Pathos', 'Philosophia', and 'Physis'.**

Term 1. 'Aponia' (lack of pain)
Action: Live without any physical or psychological pain.
Quotations
By Cleovoulos: 'Maintain your body and mind in good order.'
By Aeschylus: 'Better to die once and for all than to suffer pain for all my life.'
By Epictetus: 'It is not death or pain that is to be dreaded, but the fear of pain or death.'

Term T2. 'Arete' (excellence, virtue)
Action: Adopt the 7 ancient Greek wisdom principles (Friendship and Love, Harmony, Faith, Justice, Benevolence (Kalokagathia), Temperance and Courage).
Quotations
By Plato: 'There are four universal cardinal virtues: prudence, justice, fortitude, and temperance.'
By Pittakos: **'**Acquire what is not destroyed by time: piety, education, prudence, thoughtful mind, truth belief, expense, skills and dexterities, co-operation, care, effective management, professional knowledge.'

Term T3. 'Ataraxia' (lack of disturbance)
Action: Live with no psychological distress. Live in tranquility.
Quotations
By Epicurus: 'The greatest reward of justice (righteousness) is 'ataraxia' (peace of mind).' 'The just man is most free from disturbance, while the unjust is full of the utmost disturbance.'
By Epictetus: 'Make the best use of what is in your power, and take the rest as it happens.'

Term T4. 'Eudaimonia' (the existence of good demons or spirits)
Action: Be in synch with your vision and inner self.
Quotations
By Aristotle: 'He is happy who lives in accordance with complete virtue and is sufficiently equipped with external goods, not for some chance period but throughout a complete life.'
By Socrates: 'Like in a statue, all parts of a life must be beautiful.'

Term T5. 'Euthymia' (contentment)
Action: Be permeated by bliss, be content.
Quotations
By Democritus: 'The contented man (euthymos) who undertakes right and lawful deeds rejoices in sleeping and waking and is strong and free from care. But he who takes no heed of what is right and does not do what he should is distressed by all these things, whenever he remembers them, and is frightened and reproaches himself.'
By Epictetus: 'Wealth consists not in having great possessions, but in having few wants.'

Term T6. ‘Hedone’ (pleasure)
Action: Live in a pleasant way. Be full of joy.
Quotations
By Democritus: ‘If you do not desire many things, a little will seem much for you; for small desires make poverty as strong as wealth.’
By Plato: ‘Pleasure, a most mighty lure to evil.’
By Cleovoulos: ‘Master pleasure.’

Term T7. ‘Nous’ (mind, intellect):
Action: Control yourself. Be moderate.
Quotations
By Anaxagoras: ‘All other things have a portion of everything, but Mind is infinite and self-ruled, and is mixed with nothing but is all alone by itself.’
By Aristotle: ‘We are what we repeatedly do. Excellence, then, is not an act, but a habit.’
By Plutarch: ‘The mind is not a vessel to be filled but a fire to be kindled.’

Term T8. ‘Pathos’ (affection, emotion)
Action: Live your passions.
Quotations
By Socrates: ‘The way to gain a good reputation is to endeavor to be what you desire to appear.’
By Thales: **‘**Do not beautify your external appearance, but you should look to become good in your behavior’.
By Epictetus: ‘Control thy passions lest they take vengeance on thee.’

Term T9. ‘Philosophia’ (philosophy, love of wisdom)
Action: Pursue wisdom. Live life according to ancient Greek wisdom and world-views of philosophers.
Quotations
By Epictetus: ‘The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.’
By Socrates: ‘The only true wisdom is in knowing you know nothing.’. ‘The unexamined life is not worth living.’.

Term T10. ‘Physis’ (nature)
Action: Do not harm nature, live in accordance to nature, protect and improve environment.
Quotations
By Socrates: ‘He is richest who is content with the least, for content is the wealth of nature.’
By Zenon (of Citium): ‘All things are parts of one single system, which is called nature; the individual life is good when it is in harmony with nature’.

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