

# **Tim O'Keefe's "Epicurean Guide To Christmas" (An Article And Responses)**

**Post by "Don" of December 29, 2021 at 5:50 PM**

I think we have to be careful not to throw the proverbial baby out with the bath water. Epicurus writes fairly often about the health of the body and the tranquility of the mind. He is concerned with both our physical and mental well-being. There's nothing wrong with having a calm, tranquil mind. I would argue it's much easier to enjoy any pleasure if your mind is calm or is able to return to being calm and tranquil. I equate that calmness with re-energizing, with calm seas and safe harbor. I would not enjoy being always in a state of elation or excitement. That sounds exhausting! I also am more and more coming around to the idea that biological homeostasis is what equates to ataraxia, and it was this kind of balance, calm, tranquility in our minds and bodies to which Epicurus was - correctly, in my opinion - able to identify as a pleasure. Not THE pleasure, but a pleasure.