

Episode One Hundred Forty-One - Proclaiming Epicurus To The World: Diogenes of Oinoanda (Part One)

Post by "Cassius" of September 27, 2022 at 2:28 PM

[Quote from Pacatus](#)

This seems closer to Don's mindfulness than some passive tranquility. I wonder if equanimity could be a better one-word translation? Or just calm mindfulness?

I agree with the substance of what I am reading in these posts but I am not sure that "mindfulness" is of much help given the noted looseness of that term. And of course I continue to think that using untranslated Greek words also is of little help. For the time being it seems to me to be most clear if we try to describe as precisely as we can what we are saying, even if it takes a number of words to do that. Words like attention and focus and clearheadedness such as are being used in the descriptions are much more clear without implying something with a "woo" factor that is desirable to avoid.