

Confidence in Katastematic Pleasure

Post by "Don" of February 12, 2023 at 6:03 PM

[Quote from Kalosyni](#)

Thinking about the larger context:

It possible that the "calm" within Epicureanism is refering to the feeling which arises when one thinks about "when death is, I will not be" and the "gods do not punish" (they are not the cause of thunder and lightening and they are not involved with humans).

So it is not a "mind-over-matter" like in Hinduism or Buddhism, but rather reasoning through those two things (death and the nature of the gods).

Is there any other practices in Epicureanism besides these two, that would lead to a feeling of "calm"?

[37] "Hence, since such a course is of service to all who take up natural science, I, who devote to the subject my continuous energy and reap the calm enjoyment of a life like this" ~ Epicurus, Letter to Herodotus

ἐγγαληνίζω τῷ βίῳ, "spend life calmly"

from γαληνίζω ,

A.calm, still, esp. waves or winds, Hp.Vict.3.71, E.Fr.1079.

2. intr., become calm, prob. in Hp. Morb.Sacr.13; to be calm or tranquil, Alex.178.6, Ph.1.354; "τὸ γαληνίζον τῆς θαλάττης" Arist.Pr.936a5:—so in Med., Xenocr. ap. Orib.2.58.98.