

Confidence in Katastematic Pleasure

Post by “Don” of February 12, 2023 at 10:53 PM

I haven't decided if this is going to be useful or not, but I went through Diogenes Laertius, Book 10, and pulled out the times that ataraxia (or a form of the word) shows up:

Epicurus, Letter to Herodotus:

[80] we must not suppose that our treatment of these matters fails of accuracy, so far as it is needful to ensure our tranquillity and happiness*. When, therefore, we investigate the causes of celestial and atmospheric phenomena, as of all that is unknown, we must take into account the variety of ways in which analogous occurrences happen within our experience ; while as for those who do not recognize the difference between what is or comes about from a single cause and that which may be the effect of any one of several causes, overlooking the fact that the objects are only seen at a distance, and are moreover ignorant of the conditions that render, or do not render, peace of mind** impossible --all such persons we must treat with contempt. If then we think that an event could happen in one or other particular way out of several, ***we shall be as tranquil*** when we recognize that it actually comes about in more ways than one as if we knew that it happens in this particular way.

*τὸ ἀτάραχον καὶ μακάριον (to atarakhon (&) makarion): atarakhon is a form of the word ataraxia; makarion is the word used to describe the blessedness of the gods.

**ἀταρακτῆσαι ataraktesai

***ἀταρακτῆσομεν ataraktesomen "we shall be tranquil"

[82] But mental tranquillity* means being released from all these troubles and cherishing a continual remembrance of the highest and most important truths.

*ἀταραξία ataraxia (literally spelled ataraksia)

Epicurus, Letter to Pythocles:

[85] In the first place, remember that, like everything else, knowledge of celestial phenomena, whether taken along with other things or in isolation, has no other end in view than peace of mind* and firm conviction.

*ἀταραξίαν ataraxian/ataraksian

[96] if you fight against clear evidence, you never can enjoy genuine peace of mind*.

* ἀταραξίας ataraxias/ataraksias

Diogenes Laertius, X.128:

[128] He who has a clear and certain understanding of these things will direct every preference and aversion toward securing health of body and *tranquillity of mind*, seeing that this is the sum and end of a blessed life.

* τὴν τῆς ψυχῆς ἀταραξίαν ten tes psykhes ataraxian/ataraksian

Diogenes Laertius, X.136:

The words of Epicurus in his work On Choice are : "**Peace of mind** and freedom from pain are pleasures which imply a state of rest ; joy and delight are seen to consist in motion and activity."

ὁ δ' Ἐπίκουρος ἐν τῷ Περὶ αἰρέσεων οὕτω λέγει: "ἡ μὲν γὰρ *ἀταραξία* καὶ ἀπονία καταστηματαί εἰσιν ἡδοναί: ἡ δὲ χαρὰ καὶ ἡ εὐφροσύνη κατὰ κίνησιν ἐνεργεῖα βλέπονται."

[PD17](#):

17. The just man enjoys the *greatest peace of mind*, while the unjust is full of the utmost **disquietude**.

Ὁ δίκαιος *ἀταρακτότατος*, ὁ δ' ἄδικος πλείστης **ταραχῆς** γέμων.

*ἀταρακτότατος ataraktotatos

Compare **ταραχῆς** tarakhēs (the latter part of a + taraksia "not + disquietude")

I would add to this the two forms of γαλήνιος "calm" shows up as well.