

Confidence in Katastematic Pleasure

Post by "Kalosyni" of February 13, 2023 at 8:26 AM

[Quote from Don](#)

[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)

[Quote from Godfrey](#)

This reads to me like a definition.... 🤔

Yes! And I think that this is very important. Because the "tranquility" within Epicureanism is a state of mind which is **free from worry**. It is not a state of the body (sitting in stillness). And it is not a state of mind which comes from doing something like Buddhist or Hindu meditations. Rather it comes from studying nature and reasoning out issues such as the nature of the natural world, the nature of god(s), the nature of death, using proper choices and avoidances, being confident in future health and security, being confident in support from friends and good neighbors, and self-sufficiency.

So that when we do talk about "tranquility" within Epicureanism, it is a result caused by the mind's ability to impliment and reason through all the things I listed in the above paragraph. We would never say: let's concentrate hard to create some tranquility (that would be putting the cart before the horse) but instead we would simply focus on doing what needs to be done to remove worries from the mind (which may entail making some choices and taking action).