

# Confidence in Katastematic Pleasure

Post by "Don" of February 13, 2023 at 10:07 AM

## [Quote from Kalosyni](#)

"tranquility" within Epicureanism is a state of mind which is free from worry.

Agreed.

## [Quote from Kalosyni](#)

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.

Agreed. I would still say that the faculty, state, condition can be strengthened (so to speak) to serve as the foundation for living a pleasurable life.

## [Quote from Kalosyni](#)

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.

Agreed And I would say the strengthening of the confidence of ataraxia comes from the continuing study (meditation) of nature etc

## [Quote from Kalosyni](#)

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.

Agreed. But tranquility and calm mean tranquility and calm. The metaphor I'd use for it (which seems to be a connotation of the Greek) is like sailing on smooth, tranquil water.

## [Quote from Kalosyni](#)

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).

Agreed, I think. There is concentration involved and contemplation and theorizing and putting that contemplation into action. I still translate the wise one's characteristic as "taking more pleasure in contemplation."