

The Ethics of Epicurus and its Relation to Contemporary Doctrines by Jean-Marie Guyau. Edited by Testa and Ansell-Pearson, translated by Testa

Post by "Don" of May 8, 2023 at 10:01 AM

I maintain that ataraxia is a sort of mindset. The metaphor is sailing on calm seas. It affects how we approach other choices. To me, ataraxia is the eye in the hurricane. We can have a tranquil mind in the midst of chaos. It's "katastematic" because it is a state of being arising from within. As opposed to the pleasure or pain that comes from activities.

I fully agree that parenting can be chaotic, but we have the choice to deal with it calmly (at least internally) or with anger or impatience. And sometimes we will be angry but we need to know if it does, does it come from a place of correcting behavior of children or protection of them or from some other place?