

Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?

Post by “Kalosyni” of December 2, 2023 at 8:01 AM

[Quote from Raphael Raul](#)

In a society filled with a barrage of messages through all sorts of media communicating all the world's strife,

conflicts and wars, how can we let go of this relentless confusion and find peace of mind and tranquility?

First, we must realize that war has existed all through history, so we aren't in some kind of unique time. And in many countries we actually have more peace now than ever before.

In Epicurus' time: https://en.m.wikipedia.org/wiki/Category:...lenistic_period

To calm our anxieties, we study the elements of Epicurean philosophy. We accustom ourselves to not fear death, because death is an inevitability for each one of us. For some it may come sooner than for others. And while we are alive we learn to live the best and most enjoyable and pleasant life as possible by considering what is necessary both for the health of the body and the happiness of the soul. We practice moving toward actions and activities that bring happiness and bliss, and these "crowd out" the unnecessary anxieties which earlier arose from the incorrect understanding of the nature of things (as well as the anxieties which arose from incorrect perspectives on reality).