

Why Tranquility Should Not Be the Main Goal for an Epicurean

Post by “Kalosyni” of December 1, 2021 at 1:08 PM

Thank you [Cassius](#) for highlighting certain sections of the article and sharing your views and insights.

Good stuff on Epicureanism.... After reading the parts on Pyrrhonism, it appears to me that Zen Buddhism has some similar views to Pyrrhonism. There were two suicides at the Zen Temple I used to attend. Both were men in their 20's. Such a shame. So much for tranquility. If only they had had the ability to access more pleasure in life.

Pleasure, I firmly believe, is the antidote to the "darkness" and "heaviness" of life. But one must know and practice the best way to dance with one's pleasures.