

Why Tranquility Should Not Be the Main Goal for an Epicurean

Post by “Kalosyni” of December 3, 2021 at 6:29 PM

I am still contemplating the role of tranquility within Epicureanism.

Tranquility as defined as peace of mind, which would be a mental attitude. So it is that one feels untroubled and free from disturbances.

[Martin](#) said in an earlier thread:

Quote

Epicurus' philosophy is better characterized by the statement that peace of mind is required to experience maximum pleasure but is not equal to pleasure.

(And according to Striker's article tranquility is a sort of pleasure).

So now there is:

- 1) Tranquility is not the highest pleasure
- 2) Tranquility is a sort of pleasure
- 3) Tranquility is required to experience maximum pleasure

A certain amount of tranquility is required for a happy life. The tranquil person will be able to sleep soundly at night and wake up refreshed and ready to enjoy life. But those who struggle with bouts of insomnia may need to invest some time to process anxieties, etc. I myself occasionally have been dealing with insomnia. I don't think a therapist is required, but some processing of anxiety, fear, and unfulfilled desires, is necessary. I can see that there are some PD's that might apply.