

# Why Tranquility Should Not Be the Main Goal for an Epicurean

Post by “Kalosyni” of December 6, 2021 at 4:28 PM

I am enjoying reading everyone's comments, such good and helpful insights!

[Godfrey](#) ...this comes up for me after reading what you wrote...That the "fear" and the need to defend ideology/religion arises due to how the mind forms concepts.

The Tao te Ching (Stephen Mitchell translation) says:

Quote

"When people see some things as beautiful, other things become ugly.

When people see some things as good, other things become bad.

Being and non-being create each other.

Difficult and easy support each other.

Long and short define each other.

High and low depend on each other.

Before and after follow each other."

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I am currently contemplating how Taoism compares with Epicureanism. It seems that some of it fits, but yet other aspects are too much like Pyrrhonism/Skepticism.