

Epicurean Worldview, Personal Identity, and Creating Community

Post by “Kalosyni” of January 20, 2022 at 12:18 PM

[Quote from Don](#)

Approaching life with a calm, tranquil mind makes us much better equipped to make choices and rejections for what will lead to a pleasurable life. A calm and tranquil mind is a base of operations from which to encounter the "slings and arrows" of our daily existence. It's not living numb in the world. It's like a lens through which to clearly encounter and evaluate what needs to be done. If our minds are disturbed, troubled, turbulent, it's like driving through our lives with a dirty windshield in a snowstorm. There is nothing wrong or improper about trying to have a tranquil mind. I think it can allow us to experience life more fully, more pleurably. That's my summary take on this tranquility discussion.

Thank you Don, this is very important in my opinion. I think that what causes a problem is the meaning of the words "tranquil" and "tranquility" because these imply that when one is tranquil, there is nothing going on in the mind. It might be better to say a "smooth and clear running mind"...so maybe the word "equanimity"...not out of some kind of forced stoic ideal...but because of thoroughly understanding the materiality of the world (and thus not fearing death) and utilizing the guidance of prudence toward the Epicurean aim of enjoyment and pleasure.

[Quote from Don](#)

Epicurus specifically took a stand against the Cyrenaics that what they called the neutral place between pleasure and pain, that tranquil balance was a pleasure.

So in renaming the "neutral" as being a pleasureable tranquility...I would agree, but caution against putting too much on this, as this mind state only naturally occurs in very short intervals. Only if engaging in intentional meditation discipline can one extend this state of "neutral tranquility". But there are so many other things to do with one's mind, and instead of aiming for "neutral tranquility" as a remedy to stress, I would say pleasure is a much better way to deal with stress...so using healthy (and prudent) pleasures as medicine for stress...such as going for a walk or taking a relaxing bath. There is also a simple practice of "enjoying your breath" (mindful breathing) and when practiced correctly it is not a "neutral tranquility" but actually a blissful feeling moves inside the body as one attends to all the pleasureable sensations of breathing.

Post

<https://www.epicureanfriends.com/thread/2350-epicurean-worldview-personal-identity-and-creating-community/?postID=16123#post16123>

RE: Meditation and Epicurean Philosophy (?)

I'll go ahead and do a description of a simple breath awareness meditation.

You begin as you say to yourself: "Breathing in, I know I am breathing in. Breathing out, I know I am breathing out." This can be your starting thoughts, then you can drop this and move to watching the sensations as they arise in the body...

Focus your awareness on air moving in through the nose (with mouth closed). Notice the feeling of the air as it flows inside the nostrils. Notice the feeling as your chest expands and...



Kalosyni

January 10, 2022 at 12:23 AM