

# Epicurean Worldview, Personal Identity, and Creating Community

Post by "Don" of January 20, 2022 at 3:17 PM

## [Quote from Kalosyni](#)

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.

Thanks for the response. I would add here that it was the Cyrenaics and others that called it neutral, not Epicurus. Epicurus's position was that there are only two feelings, pleasure and pain. Therefore, you can't say you're "neutral." That "calm, tranquil" feeling - what The Eagles called "a peaceful, easy feeling" - is pleasure.

I'm also not talking about the tranquility found in meditation. I think he's referring to the state of the body and mind working correctly. I would include this calm tranquility in taking a walk or a relaxing bath. That relaxation is what I'd describe as calm and tranquil.