

Natural Goods in Epicureanism

Post by “Kalosyni” of June 12, 2022 at 4:49 PM

[Quote from Don](#)

...for the record - I have no problem with "tranquility."

In fact, I'm coming around to the idea that ataraxia and aponia actually refer to something like homeostasis or basically just the sensation that the body and mind are working well and in-tune. One can more easily or readily experience pleasure - of all kinds - when neither the body nor the mind are troubled.

Thank you Don, what you say is very helpful, and I realize that I need to study up more on this.

I find that it makes more sense for me to think of "peace of mind" instead of "tranquility". So essentially anytime the word tranquility comes up then substitute that. Also to think about how pleasure can be at its greatest when there is "absence of stress and anxiety".

What is further interesting about this article (which I haven't quite finished reading yet) is that it seems to point toward goods that we can cultivate -- personal Epicurean goods as those that are possessed through the efforts of those who cultivate them (they are internal and which we come to possess due to our own efforts rather than through fortune).

And it gives VS 45 as a reference:

"The study of what is natural produces not braggarts nor windbags nor those who show off the culture that most people fight about, but those who are fearless and self-reliant and who value their own good qualities rather than the good things that have come to them from external circumstances."[note](#)]