

# Episode One Hundred Thirty-Seven - The Letter to Menoecus 04 - On Death (Part Two)

Post by “Don” of August 28, 2022 at 10:00 PM

## [Quote from Cassius](#)

When you and Epicurus both accept that you have been nonexistent for an eternity before death and will be nonexistent for an eternity after you die, do you really think that Epicurus taught that the full description of all you want out of life is to be "calm"?

Of course not, that's not the full description. However, calmness/tranquility of the mind was without question part of the life he promised if one put his philosophy into practice in their life.

I personally welcome the opportunity to face life with a tranquil mind. I want the ability to make decisions calmly, without feeling buffeted by the waves of chance or to rashly react. I want to feel the bite of grief when I lose someone but not to dwell in that grief forever, returning eventually to calm acceptance and to honor them with joyful remembrance of the past. I want to feel free from anxiety and needless stress and to instead live a life that allows me to embrace challenges with clear eyes and a calm mind with realistic expectations. Having tranquility doesn't mean going through life numb and unfeeling. To me, it means embracing the moments in front of you, being able to savor those, plucking the fruit of the day, without being tossed about by anxiety, anger, stress, without worrying about the future or regretting the past. One can plan for the future without worry and anxiety. One can learn from the past without regret.

I fall short of all these goals to various degrees, but Epicurean philosophy gives me a map by which to steer my boat to a calm harbor in the distance from which I can venture out but to which I can also return.