

Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two

Post by "Godfrey" of September 12, 2022 at 6:06 PM

[Quote from Don](#)

Well put again! I would add - from my perspective - one of the goals is to increase those "segments of time" to be both longer and more frequent. And - again from my perspective - that's why cultivating "tranquility" and "peace of mind" is important: it allows us to have a "tranquil" baseline and to be less easily perturbed/disturbed. We will experience the bites of anger, annoyance, etc., but we won't be swept away by them.

Practically speaking, I completely agree with this. "Cultivating tranquility" is both mental and physical as well: it only makes sense since the mental is actually based in the physical. There's nothing mystical about this and such cultivation might include things like studying natural science, contemplating philosophy, doing deep breathing exercises, taking a hot bath, spending time in a hammock with a cold drink while feeling a breeze and observing the scenery. Or watching the stars and night. Or fully concentrating on a simple task... &c.