

Another mainstream article claiming ataraxia is the goal

Post by “reneliza” of September 23, 2022 at 11:34 AM

[Quote from Kalosyni](#)

[Quote from Don](#)

I wouldn't call ataraxia the "main constituent" but I may go so far as to call it a necessary condition but not a sufficient one.

Questions to find more clarity:

-- Is there a physiological need in some people to seek out more "tranquility" because they are very sensitive to stimulus and easily disturbed by sensations of sounds.

-- Is "tranquility" a need which only arises in dependence with a given environment? Some environments are so tranquil that there is actually a much greater need for new sensory stimulation to alleviate boredom.

-- Is the basis of "tranquility" suggesting that Epicureans will live in out in the countryside and away from noisy cities? No need to find a "cave" to live in, but for some there is a need to move out of a city and live in the country -- at least for those who have overly-sensitive physiology.

A) Absolutely yes. I'm autistic and very easily overstimulated by external factors. This is obviously different for different neurotypes and even just personalities. I try to keep this in mind when I post here, but I'm sure I often fail at that!

B) I think it's useful to draw a distinction between inner tranquility and outer tranquility. Some people need the latter for the former. Some people get bored to tears so fast in a tranquil environment that it actually disturbs their inner peace more than a busy, bustling environment.

It also depends on how you're defining "tranquility." I'm (usually) the type who can sit still all day in silence reading a good book. I'm still getting plenty of mental stimulation, but not much in sensory stimulation and that's no problem. I do tend to fidget but that's all me. It's not an external source of stimulation I need to seek out or that can be denied me (assuming I'm not being fully physically restrained which obviously has greater concerns for my ability to experience pleasure than just blocking my ability to fidget)

C) I think this is still person to person. A lot of people like me are homebodies and so living in the city may not be that disturbing. Or living in the country might have too many sensory

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obligations like mowing sprawling fields of grass or driving long distances for groceries. I personally don't like living too close to a city center, but I don't think this can just be boiled down to the more stimulation/less stimulation types of people.