

Another mainstream article claiming ataraxia is the goal

Post by "Don" of September 23, 2022 at 9:21 PM

[Quote from Kalosyni](#)

So then this "working towards having a calm baseline" would require therapeutics?

And if so, then we need to list all of them -- sourced from PD's, Vatican Sayings, Letter to Menoecus, Diogenes Laertius wise man sayings, and Cicero's Torquatus -- so we see what specifically leads to this calm baseline.

I'm not sure of "therapeutics" but maybe techniques? Exercises? Suggested activities? Epicurus did make the direct comparison between medicine and philosophy, so there's something there.

I'd have to review all those texts, but I can say that I doubt we'll find specific instructions. Our textual treasury is just not deep enough 😞 However, I'm going to offer that his "maza (bread) and water" comment in Menoikeus is an instruction - a declaration - to pay attention to the daily, ordinary pleasures in the moment. To take pleasure in the ordinary. That's a powerful instruction!

I recently had someone recommend The Mindfulness Solution by Dr Ronald Siegel, PsyD. I just started listening to the audiobook, but it's mindfulness sans woo. And it says exactly what I'm saying: mindfulness makes us better at paying attention to - and enjoying! - the everyday experiences we have, makes us less anxious about the future, and less stressed about the past. That sounds exactly like what Epicurus was advocating to me! I'll have to listen to more, but what I'm hearing is encouraging and I think directly applicable to Epicurean practice.