

Another mainstream article claiming ataraxia is the goal

Post by “Pacatus” of September 25, 2022 at 1:55 PM

Comments by Kalosyni on the physiological need for tranquility, especially for some (I would count myself there) and Don’s comments on ataraxia generally, reminded me of this that I came across:

“For ataraxia, ultimately and simply, is a physical undisturbedness.” [That is, not simply a mental state.]

<https://www.academia.edu/34402398/What...card=view-paper> (p. 458)

I think that some sharp distinction between the mental and the physical is likely wrong: fear, for example, is manifest in the body as well as mind (say, as a tingling numbness) – as is any disturbance (tarache). Absence of such disturbances I would see as pleasure – and not necessarily strictly “katastemic”: think of the feeling of release/relief when a strong emotional disturbance (say, fear or rage) is assuaged.

[I hasten to add that I’m not implying mind and body are separate – as if the mind were some kind of “ghost in the machine”.]