

Another mainstream article claiming ataraxia is the goal

Post by “Pacatus” of September 25, 2022 at 2:46 PM

[Don](#)

I tend to think of the mind/consciousness as being emergent phenomena/processes/expressions of the brain, which is part of the body. People do respond to stimuli differently, both physiologically and psychologically.

I tend to think that all feelings (pathe) originate from physical stimulus at some time (to be redundant: “originally”) - but can subsequently be re-remembered, re-examined, re-imagined by mental processes (conscious or subconscious). And then such brain/mind activities can neurologically produce stimuli in the rest of the body (think imagining a sexual experience, or recalling a past experience of terror in a nightmare).

However, none of that answers the so-called “hard questions” of consciousness - such as intentionality, decision and choice. Again, I just tend to think of them as emergent phenomena/processes/expressions of the underlying physical/neural substratum. And I accept them (as opposed to some strict determinism). [Which is not really an answer, if one can be had.]

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I have no education or expertise in any of this: it’s just how I work it out for myself - and subject to change.