

Another mainstream article claiming ataraxia is the goal

Post by “reneliza” of September 25, 2022 at 8:48 PM

[Quote from Pacatus](#)

I tend to think that all feelings (pathe) originate from physical stimulus at some time (to be redundant: “originally”) - but can subsequently be re-membered, 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).

I'm not sure I entirely agree with the first part (I don't disagree either, it's just interesting and I need to think on it more), but the second part is so important.

A lot of what I hear around the internet about Epicurus talking about remembering past pleasures is presented like a very calm quiet contemplation and as such it doesn't seem like a true pleasure in the way people usually mean the word, but a very whitewashed kind of pleasure that is basically just a neutral state that he's pretending is the same as pleasure. And sure some memories are like that, (and sometimes that tranquil state is more pleasurable than an activated state would be - often even, to me)

But the mind can also produce quite strong sensations in the body and it's important to remember that. It seems like a pretty fundamental tool for Epicureanism - when certain pleasures are unavailable, we can still experience a strong pleasurable sensation by remembering them.