

Another mainstream article claiming ataraxia is the goal

Post by “Pacatus” of September 27, 2022 at 6:54 PM

God, I'm going to hate myself for saying this! ☹️

Are we worrying this too much?

It seems to me that (whatever the ancient Greeks might have thought) the mind/body distinction is at best relative. That does not make it unimportant, Yes, I can (hopefully) overcome - at least somewhat, if not perfectly - the *tarache* in my mind that stems from the *pone* in my aching tooth. (Most Buddhists would, I think, say something similar.)

But - and this was my whole original thrust - from an Epicurean view, there is no disembodied (non-physical) substance called mind or soul - as a substance of some sort.^ So everything is, at bottom, physicalist. (My attempt was to get at this by thinking in terms of substance versus process - mental processes emergent from physical substance,)

But, in everyday, therapeutic lingo, it makes sense to distinguish between physical pain and possibly attendant mental suffering.

^ The whole notion of a non-physicalist "substance" inescapably (to my mind) brings in the realm of the supernatural.