

Another mainstream article claiming ataraxia is the goal

Post by “Pacatus” of September 28, 2022 at 12:15 AM

[Don](#)

Thanks for all that, Don. “Thinking out loud” on here is pretty much all I’ve got, with my weird, grab-bag history. ☐☐

For me, though, this is the most helpful:

“So, aponia is not so much ‘pain’ in the body (and I've been guilty of perpetuating that mistake!) as it is a lack of exertion, toil, distress, suffering. In light of that, I may begin to interpret aponia as a positive relaxation in the body, a body that's not stiff and tight and troubled and exhausted; the same way I'd interpret ataraxia as a positive calm, clear-headed, mindful attitude in the mind.”

When I say “helpful,” I mean it will help me tonight and tomorrow in a true therapeutic sense. (It reminds me of the Taoist wu-wei – without having to imbibe the whole of that philosophy; if that makes sense.)

Anyway, just: Thank you