

Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?

Post by “Don” of December 2, 2023 at 7:17 PM

I agree with [Kalosyni](#) 's post.

I would emphasize that ataraxia is not dependent on external circumstances. It is a stable state of mind that arises from getting rid of false anxiety-producing ideas about death, divine retribution, fate, and so on. The stable peace of mind that results will then be the default position from which one experiences the world.