

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

Post by “Martin” of December 3, 2023 at 1:39 AM

Ataraxia can be affected by circumstances if they are extreme . While I am on a zip-line, ataraxia as a goal is temporarily suspended to gain exceptional pleasure from the experience of nearly flying and the spectacular views. While I am on a plane in heavy turbulence, under immediate threat by a violent robber or in a combat situation, ataraxia is suspended until the danger has passed. The temporary disappearance or reduction of ataraxia under extreme circumstances is compatible with all quotes in Don's comment #6. A wise Epicurean will avoid getting into such circumstances most of the time but may not always be able to avoid them.