

# **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 3, 2023 at 10:15 AM**

I disagree.

My current understanding is that ataraxia is not merely the "calm" or "tranquility" we get from relaxing on a beach or floating in an inner tube down a river or even on a meditation cushion. Those pleasures feel good, but they're not ataraxia. I take it that kind of "calm" is what's being described by [Martin](#) and [Kalosyni](#) .

My understanding is that ataraxia has to be worked on, arises from study and reflection, but once you have rooted out those beliefs that cause anxieties, fear, dread and turbulence in the mind, they don't grow back. It becomes the background against which life is experienced. It's is a stable state of the mind. That's what I'm getting from the texts. We can get glimpses of it as we study, reflect, and internalize "how things are" but it's not easy to throw the baggage of cultural indoctrination overboard. It doesn't happen all at once like some kind of epiphany or Buddhist satori or bestowed by the grace of some heavenly being. It takes human work and effort. But it's worth it in the long run to face the world with an assured, solid, stable mind.