

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

Post by "Kalosyni" of December 3, 2023 at 7:53 PM

[Quote from Don](#)

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.

Epicurus instructs how to remove the false beliefs regarding the fear of gods and the fear of death.

This post has more references:

Post

[RE: The Meaning of the Greek Word "Ataraxia"](#)

[From a prior post by Don:](#)

[Feb 19th 2023](#)

[#2](#)

ΑΤΑΡΑΞΙΑ (Ataraxia and related terms: Note that ἀταραξία is literally "ataraksia" even though the usual English spelling is "ataraxia." Therefore, words that have atarak- are directly related.

From ἀ- (a-, "not") + ταραάσσω (tarássō, "trouble, disturb") + -ῖα (-iā); Antonyms: ταραχή (tarakhé)

[Henry George Liddell, Robert Scott, A Greek-English Lexicon, ἀτα^ρ-αξία](#)

[PD17](#) One who acts aright is utterly steady and serene, whereas one who goes astray is full of...



Cassius

December 3, 2023 at 7:13 PM

<https://www.epicureanfriends.com/thread/3559-discussion-on-ataraxia-freedom-from-anxiety-what-is-it-how-can-we-attain-it-in-a/?postID=27829#post27829>