

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

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And when I think of remedies such as "accustom yourself to see that [death is nothing to us](#)" ...this is a deep and long practice, that takes time. And you will obviously still feel your autonomic reflexes kick in to prevent you from being run over by a bus. So this remedy is instead for the quiet anxiety that may arise in the middle of night as you ponder your mortality. And also we may feel we have conquered our fear, only to discover that when faced with an incurable disease that we may have to "start over" in a sense with the process, and deal with mortality given the new information. This is just our humanness (since we aren't gods 😊).