

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

Post by “DavidN” of February 22, 2024 at 6:17 PM

[Quote from Martin](#)

This is the case while we are fully conscious with properly functioning mind. However, while we are asleep and therefore our ability to use logic is turned off, they can temporarily come back.

Wait your waking and sleeping states are different. When I used to work drilling my sleep deprivation would get so bad I'd dream with my eyes open. I occasionally start to dream while I'm still half conscious as-well. And whenever my dreams become coherent and are more than just a random shuffling of sensations I'm generally fully aware that I'm dreaming, and can choose to wake or continue with the dream. When I was a child I literally killed all my nightmares, took alot of work to gain that much control over my dream state but now it's pretty easy. All it took was the suggestion from my father that I could control my dreams, and I was off to hunt my monsters. Sometimes I'll get annoyed with the irrational parts of my dreams and think to myself 'well that doesn't make any sense' and then go about editing out the nonsensical junk. Though generally I don't like to use that much energy when I'm suppose to be resting so I just go with the flow as long as it's tolerable.