

Episode 290 - TD20 - TipToeing Around All Disturbance Is Not Living

Post by “Adrastus” of July 17, 2025 at 7:02 AM

Brings me so much joy hearing this episode. I feel like the ataraxic mind guards against the perils and pains of life, but I think Epicurus redeems the somewhat listless ataraxic state by arguing that emotions are there to guide us towards a sagely life where pleasure and the pleasant life is the teleological goal of life. Emotions are likely not overwhelming to the ataraxic mind, but with the humanizing Epicurean philosophy create that acceptance of nature yet still feeling deep connection to the self and others. If even a wise and intelligent person experiences despair, then that simply means that their arrangement of social and perhaps material reality is not pleasant or comporting to ideal hedonic or Epicurean meleta or advice. It makes so much sense to me at least that the highest expression of a wise life is in community with like minds and alike in their piety, and that even a wise soul can be stuck in social situation; or worse, that will cause them to be unassuagedly disturbed.