

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

Post by "Cassius" of July 17, 2025 at 8:08 AM

## [Quote from Adrastus](#)

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.

Good post Adrastus and I agree with it, but it might be worth discussing the two words I underlined there, "despair" and "unassuagedly disturbed." I don't think Joshua or I used those words in the podcast, and this would be worth discussing.

All these synonyms for "grief" or strongly negative feelings have lots of different connotations, and I suspect to the extent that these two imply that the wise man would "give up" in the face of that kind of emotion, I doubt Epicurus would go that far. I doubt he considered himself to be "giving up" or "despairing" on his last day -- I'd say it is more like the Vatican sayings. I think you yourself quoted in our zoom meeting:

[VS14](#). We are born once and cannot be born twice, but for all time must be no more. But you, who are not master of tomorrow, postpone your happiness. Life is wasted in procrastination, and each one of us dies while occupied.

And even more to the point:

VS47. I have anticipated thee, Fortune, and entrenched myself against all thy secret attacks. And I will not give myself up as captive to thee or to any other circumstance; but when it is time for me to go, spitting contempt on life and on those who vainly cling to it, I will leave life crying aloud a glorious triumph-song that I have lived well.

I think the attitude of VS47 probably rules out at least some versions of "despair" or being "unassuagedly disturbed."

This might be worth discussing further to see if anyone disagrees, or at least to hit home the importance of the strong attitude referenced in VS47.