

PD 25 meaning? by Woolf (2004)

Post by “wbernys” of May 11, 2026 at 10:08 PM

[Quote from Don](#)

As time has gone on, I have come to a (semi-firm) belief that ataraxia is not about rooting out every single disturbing fear and anxiety of every variety. To me, ataraxia is about rooting out the existential dread of fear of the gods, of death, of post-death punishment, and similar unfounded fears and anxieties.

You know the Greek better than i do but i tend to think it's the opposite. I think Epicurus' idea is that those existential dreads you mentioned is what's mainly holding humanity (even good and benevolent people) back from attaining Ataraxia (complete absence of every fear and anxiety of every variety). But we can still have fears that are grounded in reality if we are not good and benevolent, this is why he thinks we should not be unjust, remain friendless, or have obsessive love of fame or power since that would prevent ataraxia, even though those are not big existential or unfounded fears of the universe or anything.

Side note: I kind of agree with [Cassius](#) that Epicurus didn't consider Ataraxia a major term in his philosophy or anything. He only used it a few times and i don't think we should imagine them as the most important terms in his philosophy.