

Tranquility v Pleasure

Post by “Hiram” of February 25, 2020 at 8:40 AM

[Quote from Godfrey](#)

Hiram, I find this DL quote interesting for a couple of reasons:

1) It states that tranquility (not cheerfulness) is the goal and opposes that to pleasure

However there's a lot to sort out, and this particular topic is new to me. Can you recommend any sources where I could pursue this further?

I do not think ataraxia is opposed to pleasure. Diogenes Of Oenoanda explains that when the perturbations leave the mind, pleasure can enter. A-Taraxia means no-perturbations. So Epicurean ataraxia is linked to the process of healing the mind so that we may experience greater pleasure, or to use the Lucretius parable of the broken jar, ataraxia helps fix the cracks in the jar of the mind so that it may receive pleasures.

<https://theautarkist.wordpress.com/2017/03/25/dio...-the-pleasures/>

Here is the fragment:

Let us now [investigate] how life is to be made pleasant for us both in states and in actions.

Let us first discuss states, keeping an eye on the point that, **when the emotions which disturb the soul are removed, those which produce pleasure enter into it to take their place.**

Well, what are the disturbing emotions? [They are] fears —of the gods, of death, and of [pains]— and, besides [these], desires that [outrun] the limits fixed by nature. **These are the roots of all evils, and, [unless] we cut them off, [a multitude] of evils will grow [upon] us**