

Tranquility v Pleasure

Post by “Elayne” of February 25, 2020 at 1:27 PM

Mike, the most coherent explanation is that ataraxia is not itself a full description of a state-- it is merely the absence of disturbing conditions, fears, and the like, which would impede pleasure. And yes, if there's no pain, there's pleasure, for sure!

What has happened is that modern understandings of the word tranquility, instead of "without disturbance", imply a very passive state of muted pleasure, so people have gotten confused and think that's the goal.

There is no such thing as too much pleasure, because then it would be pain, at the moment it is felt to be "too much"... a person will have fluctuating energy levels and intensity levels that will suit them best. Less than that intensity will leave them searching for more, due to remaining pain, and too much intensity of a stimulus will be painful, causing them to back away. It's not a balancing act of pleasure-- it's finding the maximum pleasure point in the action that we want.