

Discussion of Article "Challenging Ataraxia" by Haris Dimitriadis

Post by "Don" of May 15, 2020 at 7:16 PM

I'm not sure why Dimitriadis chose to use that excerpt from the Letter to Menoikos since the word *ataraxia* ἀταραξία itself doesn't appear there. I think I understand his basic argument, but I would think a better quote would have been one where the word under discussion was actually used by Epicurus. I realize it does say "freedom from turmoil in the mind" using other terms than *ataraxia* itself, but I found it an interesting choice.

Is *ataraxia* possibly just a quality of the mind and not a goal? A description just using available vocabulary that people would readily understand? The person who follows Epicurus's teachings can hope to feel this quality of mind (and the feeling of freedom from pain in the body) by striving to make sound choices and rejections but that quality is not in and of itself a goal or end, not a *telos*. Just something that arises naturally as part of Epicurean practice.