

# ATARAXIA 1



*Ataraxia* (Epicurus) – a state of being in balance and one with lifeworld, between what is conventionally distinguished as nature and culture.

Ataraxia is fraught with the same tension that pervades the self-gathered serenity of gardens, namely the tension between order and entropy ...

... anxiety is not so much overcome as transfigured by the life of philosophy, the way gardens – when they are well conceived – transfigure rather than overcome nature ...

Robert Harrison, *Gardens: An Essay on the Human Condition*, 2008, page 75.





See also

Allegory – [\[Link\]](#)

Todten-kopff – [\[Link\]](#)