

Do Pigs Value Katastematic Pleasure? (Summer 2022 K / K Discussion)

Post by "Don" of July 1, 2022 at 10:02 PM

[Quote from Godfrey](#)

background condition is one attempt, maybe underlayment is another.

That's my take, as of (looks at time on phone...). Katastematic, from its basic meaning of "a condition or state of health," means to me the proper, undisturbed functioning of our body and minds. Free from fear. Free from anxiety. Free from pain, for the most part. We are mortal beings after all. Mens sana in corpore sano, so to speak. From that ground/foundation, we can better make sound, practical choices and rejections and enjoy the day to day pleasures as they arise, including the occasional luxury that becomes available, but also be unperturbed if circumstances change and we have to deal with scarcity from time to time. The absolutely necessary pleasures are easily obtained.