

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

Post by "Don" of July 2, 2022 at 6:48 PM

It seems to me that, just from observation, there are at least two types of pleasures that exist as states of being, as Epicurus points out, such as:

- being in a calm, tranquil state of mind (ataraxia)
- and feeling the the positive feeling of a body without pain in good working order (aponia)

We can work toward those states, and part of it is dispelling fears and anxiety and also taking care of our physical bodies. But once they are there, we don't "work at" feeling that pleasure. It just is (until our minds start to wander or we get distracted by that itch in our elbow...)

Then, on the other hand, there are pleasures that we derive from volitional actions in the moment, such as

- talking with friends
- remembering past pleasures
- taking a drink after a long hike
- eating your favorite food

So, right now, that's where I'm heading on "katastematic pleasures" and "pleasures of action". Whether there's any academic papers that back that up, I don't know.