

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

Post by "Don" of July 13, 2022 at 10:49 PM

[Quote from Cassius](#)

I keep coming back in my mind to one of the biggest challenges here being the over-restrictive definition of pleasure that we live under today

Agreed. There's a linkage of "pleasure" with "profligacy" or "indulgence" in modern parlance... And it seems Ancient parlance, too.

[Quote from Cassius](#)

that if you feel ANYTHING at all (and we are constantly feeling lots of things as part of being alive) then those feelings are either (1) pleasure or (2) pain.

Agreed. I am coming around to feeling this and not just intellectually thinking it. I don't think there is a neutral state although I'm going to have to go back to Barrett and Lembke to think about this in light of their research. (Sent thoughts, [Godfrey](#) ?)

On a related note, it seems Dewitt was fully on board with katastematic and kinetic pleasures in Epicurus's philosophy.

To me, this is making more and more sense (in light especially of Metrodorus's book reference). We can be more sure of internal freedom from pain in the body and internal freedom from disturbances in the mind than we can of external sources of pleasure... Even if necessary pleasures are easy to come by. The katastematic pleasures of ataraxia and aponia are "states or conditions of being" generated from within ourselves. We free our minds from trouble and fear by internalizing Epicurus's principles on the gods, death, the nature of the universe, etc. - by mulling them over and accepting or rejecting their validity and veracity. We free our bodies from pain by healthy habits and prudent choices. *Ataraxia & aponia* allow for continuing pleasure regardless of external circumstances. If we have them, we have well-being (eudaimonia). Kinetic pleasures or pleasures of sight, sounds, touch, etc. vary the pleasure and we enjoy luxuries if and when they become available.

Not an entirely thought out position, but this is where I'm heading.