

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

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I think it is important to re-state that the mind is a type of body, and that the satisfactions of the mind are, themselves, pleasures of the body. Regardless of any schema designed to organize the different pleasures into categories, all pleasures are pleasures of the body, require some type of energetic motion to instigate, and some of those active bodily pleasures are felt by the mental organ instead of the visual, auditory, chemical, kinesthetic, or thermal organs.

I am very suspicious of the concept of *katastematic* pleasures in the first place because the related word *katastēmatikós* was elsewhere used to describe "sedation". If that were accurate, then the Cyrenaics would have a legitimate point about equating *ataraxia* with *dreamless sleep*. However, we know that all pleasures must be consciously experienced, so *dreamless sleep* is not a pleasure, nor are any other forms of sedation that limit our ability to experience.