

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

Post by “Eikadistes” of July 15, 2022 at 9:35 AM

I thought it might be helpful to compile a list of pleasures and then try to group them accordingly. This is by no means an authoritative list, and we may find plenty of areas of overlap or disagreement:

Katastematic Pleasures:

Understanding that neither God nor Death are to be feared (KD 1, 2)

Reassurance that all pain is temporary and severe pain is brief (KD 3)

Acceptance that heavenly events are non-sentient physical phenomena (KD 11)

Dispelling ignorance and suspicion through a dedicated study of Nature (KD 12)

Enjoying the peace achieved by withdrawing from the crowd (KD 14, Fragment 86, 87)

Knowing the limit of pleasure through reasoned understanding (KD 18)

Acknowledging that infinite time contains no great pleasure that limited time (KD 19)

Appreciating that there is no need to live by the evil of necessity (VS 9)

Understanding the value in knowing that we are only born once (VS 14)

Overcoming the suffering of mental anxiety and physical pain (VS 24, Fragment 1)

Reflecting when the body is neither hungry, nor thirsty, nor cold (VS 33)

Eliminating regret knowing that the past cannot be changed (VS 55)

Knowing that what is sufficient are simple pleasures (VS 68)

Using reason to overcome hate, envy, and contempt (WMS 1)

Accepting that prophecy does not exist and there is not fate (Fragment 2)

Calculating the means to support the stable condition of the body (Fragment 11)

Recollecting joyful memories against severe physical pain (Fragment 30)

Committing to a love of true philosophy to reduce disturbance (Fragment 66)

Focusing on the present moment instead of an uncertain future (Fragment 78)

Kinetic Pleasures:

Sharing pleasant interactions with friends and loved ones KD 27, VS 52, VS 61)

Receiving assistance in the form of utility from friends (VS 23)

Venerating the wise so as to emulate their blessed life (VS 32)

Laughing and enjoying humor while practicing true philosophy (VS 41)

Practice virtuous habits knowing that they produces pleasure (VS 46)

Responsibly enjoying luxuries so as not to become a frugal ascetic (VS 63)

Receiving praise from others, while not asking for it (VS 64)

Being deeply moved by feeling while not succumbing to it (WMS 2)

Showing gratitude by speaking well of one's friends (WMS 3)

Marry and have children if it can be done safely (WMS 12)

Taking care of one's property and possessions (WMS 21)

Enjoying the sites and smells of the countryside (WMS 22)

Embrace fortune and use it to diversify pleasures (WMS 23)

Conversing about music and poetry (WMS 28)

Jubilation while enjoying pleasures involving motion (Fragment 1)

Enjoying the taste of a meal, maybe a pot of cheese (Fragment 10, 33)

Exploring the spectrum of healthy sexual pleasures (Fragment 10)

Listening to pleasant sounds and meaningful music (Fragment 10)

Viewing beautiful forms as compelling visual art (Fragment 10)

Cooling or warming oneself to a comfortable temperature (Fragment 44)