

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

Post by “reneliza” of July 19, 2022 at 1:54 PM

[Quote from Nate](#)

To answer the original question, ABSOLUTELY, pigs feel the guiding relief of stable pleasure that is the enjoyment of having had one's natural needs satisfied. That statement goes for other animals as well, and not just the "intelligent" ones. Pleasure and pain seems to me to be a language of life. *Katastematic* pleasure is not limited to the intellect of philosophers. Pure pleasure is accessible to all lifeforms that operate according to the barometer of *pleasure* and *pain*.

I have a feeling that this question (depending on who's reading it) might beg a Platonic or Stoic answer, one that might say, "*Katastematic* pleasure (i.e. supreme mental tranquility) is the only pleasure that matters, it is unrelated to physical sensations, it is so superior to the body's sensations that physical pleasure can be ignored completely, and that *only* philosophically-minded human beings are capable of interfacing with this otherworldly pleasure."

Contrary to Plato, the goal is neither otherworldly, nor limited to the privileged few. Contrary to the Stoics, achieving the goal does not yield an unaffected state of indifference, but rather, a positive feeling of pleasure.

I agree with all this, but it seems to me that the same people who elevate "katastematic" pleasure DO usually elevate certain "simple pleasures" which are themselves only physical sensations (ie, stop and smell the roses), but there's a certain judgment about *clean* sensory pleasures and *dirty* sensory pleasures.

Smelling a flower, feeling the sun on your face or a breeze in your hair, eating certain "healthy" foods are clean, natural, simple pleasures that you can and should appreciate and will add to your mental tranquility, while the dirty pleasures are things like sex, rich foods, television or modern music and they will detract from your tranquility.

Note, that's not my own judgment, but the kinds of things I hear from other people. I think there IS something to the basic idea (that some things that are enjoyable in the moment cause net pain overall), but that the strength of Epicureanism is that you get to define your own clean and dirty pleasures, and how much of each one is worth pursuing.