

Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two

Post by "Don" of September 14, 2022 at 7:20 PM

[Quote from reneliza](#)

[Quote from Don](#)

One more thought then I'll step off the soapbox:

I was just listening to a podcast (specific one doesn't matter), and they were talking about flow:

https://en.wikipedia.org/wiki/Flow_%28p...%29?wprov=sfla1

I think there might be parallels or similarities or other connections between flow and katastematic pleasure, ie ataraxia/aponia. I'd be interested to read anything from anyone who knows more about Csíkszentmihályi's work in this area.

Oh gods no don't get me started on flow, because I have THEORIES

Seriously though, tying flow to katastematic pleasure (specifically, emotional regulation and thereby ataraxia/mental non-disturbance) is a really interesting concept I was thinking about yesterday (in slightly different wording) and will probably make it into an upcoming episode of my podcast

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I'm curious if you're "for" the idea of flow being connected somehow to katastematic pleasure or "against" the idea 😊 I'm legitimately unsure from the way you worded that.

I also think there's some connection between mindfulness and ataraxia/aponia. [This excerpt from this article](#) makes me go "Hmmm?"...

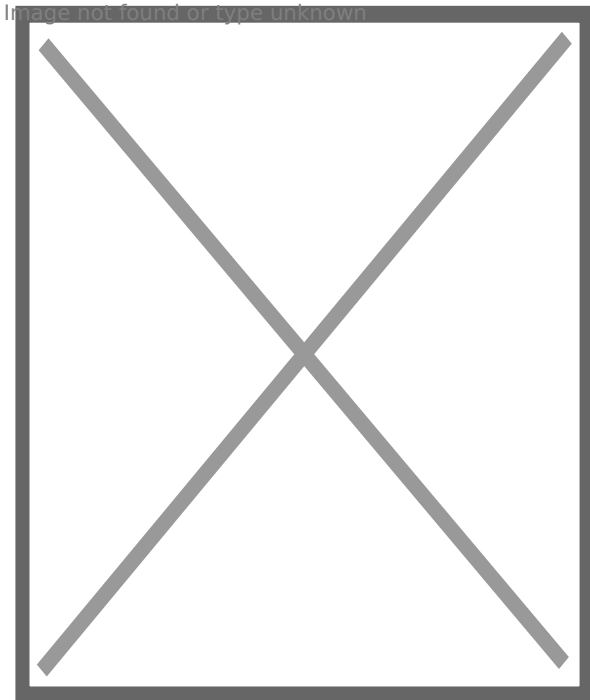
Quote

Mindfulness, the awareness that arises from paying attention to the present moment without resistance, is a fertile environment for flow to appear. However, being mindful does not guarantee flow, but rather creates the optimal conditions for flow to happen.

Mindfulness and flow both live “in the here and the now” and involve engaging the present moment with willingness. While flow happens during pleasant experiences, mindfulness can happen all of the time.

I do think ataraxia happens here and now, a calm abiding in the present moment. I'm especially intrigued by that "flow happens during pleasant experiences."

For those unfamiliar with flow, here's an article from Positive Psychology:



[8 Traits of Flow According to Mihaly Csikszentmihalyi](#)

Mihaly Csikszentmihalyi describes 'Flow' as a state of complete absorption.
positivepsychology.com

Oh, and I have no dog in this flow fight. Consider these my musings on a possible interesting connection.