

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

Post by "Don" of October 19, 2022 at 9:19 PM

I will continue to soapbox the fact that katastematic and kinetic come directly from Epicurus in *On Choices and Avoidances*:

Quote

The words of Epicurus in his work *On Choice* are : "Peace of mind and freedom from pain are pleasures which imply a state of rest ; joy and delight are seen to consist in motion and activity."

ὁ δ' Ἐπίκουρος ἐν τῷ Περὶ αἰρέσεων οὕτω λέγει: "ἡ μὲν γὰρ ἀταραξία καὶ ἀπονία καταστηματαίκαί εἰσιν ἡδοναί: ἡ δὲ χαρὰ καὶ ἡ εὐφροσύνη κατὰ κίνησιν ἐνεργεῖα βλέπονται."

I will continue to soapbox that Metrodorus stated there were pleasures of activity and those of "rest/states/stability":

Quote

"Metrodorus, in his book *On the Source of Happiness in Ourselves* being greater than that which arises from Objects, says: 'What else is the good of the soul but the sound state of the flesh, and the sure hope of its continuance?'"

Metrodorus in his *Timocrates*, whose actual words are : "Thus pleasure being conceived both as that species which consists in motion and that which is a state of rest."

Metrodorus's quote is: νοουμένης δὲ ἡδονῆς τῆς τε κατὰ κίνησιν καὶ τῆς καταστηματικῆς. Right there, again, is κίνησιν (kinēsin) and καταστηματικῆς (katastēmatikēs).

This, to me, points to the "source" - "the sound state of the flesh" (to sarkos eustathes \*katastema\*) - being a more confident source -- according to Metrodorus himself -- of pleasure than "objects" (kinetic pleasure) outside of ourselves. It does NOT say the source "in ourselves" is "better (more value)" just that we can be more "sure" of its continuance because we have control over it.

It's not change vs "non-change".

It's pleasure taken in activity from outside ourselves and pleasure taken in states which originate only in our minds through recollection, contemplation, introspection, etc.