

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

Post by "Don" of October 20, 2022 at 2:15 AM

This description of kinetic and katastematic from The Faith of Epicurus by Benjamin Farrington respective:



I need to read this book. Only recently became aware of it. Does anyone else have a review?

The key takeaway of Epicurus's and Metrodorus's mentioning of kinetic and katastematic pleasure is to drive home the all-encompassing spectrum of hedone, inadequately pinned merely to one English word "pleasure." Hedone encompasses the joy experienced through physical activities we engage in with the world and other people like eating, drinking, conversing, dancing, sex, singing, viewing theater performances, viewing beautiful natural vistas and artwork, and so on. But it also encompasses pleasure experienced from inside ourselves like contemplating philosophy, recollecting past pleasurable memories, anticipating future pleasure, experiencing tranquility of mind and freedom from anxiety. That's the significance of embracing both katastematic and kinetic pleasure. Yes, there are different kinds of pleasure, but it's important to allow both in your life for a maximum pleasurable existence. The Cyrenaics didn't admit katastematic pleasure into their definition. Epicurus embraced all pleasure in his philosophy. That said, we have much more control over katastematic pleasure and so can be more assured of its continuance as a source of pleasure. It's not A OR B it's A AND B with an understanding that one is always available even when the other might not be. That's why Epicurus could say he was experiencing pleasure even in the midst of pain nearing death. He had ready access to katastematic pleasure from within himself even if his pain prevented him from partaking in physical activities that would bring him joy.