

# Eat Drink and be Merry!

**Post by “Don” of September 29, 2023 at 10:55 PM**

Okay, so here is my revised nautical analogy for pleasure of the katastematic and kinetic varieties. Since I am still of the opinion that katastematic pleasures (especially ataraxia) are necessary *\*but not sufficient\** for the pleasant life.

I'll use the sea as a metaphor for the mind which, in the end, senses all pleasurable sensations.. in fact, all sensations.

Imagine a sea that is polluted, churned up with mud, silt, and waste, with a surface whipped into whitecaps by winds and rains and storms.

The muddy, polluted, windswept, inhospitable waters are a metaphor for a mind under the influence of fears and anxieties of death, divine retribution, fear of one's neighbors, and all manner of ill-considered and false beliefs.

Cleaning the water and calming the storms brings calm, clear waters readily sailed in safety.

Only then does the clear calm water allows one to see with pleasure the bountiful life, colorful fish and other animals, the underwater corals, and the amazing sights under the water as well as to view, on the horizon, other shores that hold pleasurable experiences for one to sail to.

However, one must first achieve the calming of the storms and having clean water (katastematic pleasures) before all those other pleasures (kinetic pleasures) can be fully experienced.

I'm not saying you can't have some pleasure while rocking on a filthy, stormy sea if you batten down your hatches and sit in your cabin on your boat. But there is so much more available if you sail out of the storm and find clear waters.

Some of those storms - once you know the winds and can read the charts - can be avoided entirely. The Winds of the Fear of Death can be avoided. The Winds of the Fear of the Gods can be sailed around with assurance.

Some pain - winds, waves, etc. - is unavoidable living a human life, but one will also know the sea *will* calm and the waters *will* clear eventually.

This isn't a perfect analogy by any measure, but I think this might convey what's in my mind slightly better than the ocean and waves metaphor I've been sharing recently.

PS. I'm also going to refer back to the discussion from Summer 2022 on katastematic and kinetic (specifically my posts no. 149 and 150 at this link:

Post

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

@Cassius asked me:

"what would you say are the implications of your position"

Well, I was going to read all the papers, synthesize all the points, convey my agreements and objections, pull in modern and ancient citations and quotes, and...

But that seemed like way too much work and pain!!

So, what I'll do is try to summarize my thinking into some bullet points and see how far we get.

From what I read in the classical and modern sources:

- The katastematic and kinetic pleasure distinction was...



Don

July 17, 2022 at 6:51 PM