

# Episode 195 - Cicero's On Ends - Book Two - Part 05

Post by “Cassius” of October 11, 2023 at 7:12 AM

Here Gosling and Taylor introduce katastematic and kinetic, which they then devote a separate chapter later to explaining why they are both pleasure and katastematic is not the ultimate goal. But for now:

## Quote

18.1.5. When it comes to assessing various degrees of pleasantness, Epicurus seems to have thought that pleasures are of two sorts, those of change (kinetic) and those of stable condition (katastematic) and perhaps that either sort could be primarily bodily or mental. (DL X.136, 144). Those associated with motion seem to be those which accompany a change from pain to its removal, whereas those of a stable state are those of conditions where pain is absent, and with it any cause of change (DL X.128-9). Quite generally, pleasures cannot increase in degree beyond the point of removal of pain (PD 3; DL X.139). With bodily pleasures this limit is reached when the need that is causing pain is removed. Mental pain is largely caused by such things as grief and fear, and so is only to be removed by reflections on the sources of these emotions (PD 18; DL X.144). In either case there is no possibility of increase past the point of the removal of pain, only of variation. There is no need, therefore, to get into complexities of comparative intensities or other methods of assessing the comparative pleasantness of different activities. A life free from pain ipso facto wins over one not so free.