

# Is gratitude a katastematic or kinetic pleasure?

Post by “Kalosyni” of November 1, 2023 at 1:47 PM

## [Quote from Cassius](#)

3 - Do any of these concepts (1) or (2) or (3) stand intrinsically or by some absolute standard as superior, hierarchically, to the other(s), such that they separately deserve to be considered to be the "ultimate pleasure" or "highest pleasure" or the "best pleasure" or "real pleasure" for all people at all times and at all places?

Dropping into the middle of this thread (no doubt my comment will be too many cooks stirring the pot, but anyway...) ...so these questions could be applied to kinetic and katastematic. Right now as I type this, I think I am currently in the process of experiencing kinetic pleasure, which is pleasurable but there is a sense that I can't be fully satisfied and a niggling feeling of a lack of completion (ever so slight agitation...hint: it involves eating something sweet). Where as katastematic pleasure has a deeper sense of fulfilment and a sense of being at peace (and at rest). So it is an inner felt experience that will be different for everyone depending on the situation, so there is no absolute regarding this. Life is one big mix of both kinetic and katastematic and that just how it is --- so why distinguish between the two?...because you are acknowledging the truth of your own subjective feelings and this will help you make better choices.