

# Is gratitude a katastematic or kinetic pleasure?

Post by “Don” of November 2, 2023 at 1:06 PM

## [Quote from burninglights](#)

128: The right understanding of these facts enables us to refer all choice and avoidance to the health of the body and the soul’s freedom of disturbances, since this is the aim of the life of blessedness.

Keywords

the health of the body

τὴν τοῦ σώματος ὑγίειαν (tēn tou somatos hygieian)

the soul’s freedom of disturbances

τὴν <τῆς ψυχῆς> ἀταραξίαν (tēn (tēs psychēs) ataraxian)

## [Quote from burninglights](#)

131: When, therefore, we maintain that pleasure is the end, we do not mean the pleasures of profilgates [...] but freedom from pain in the body and from trouble in the mind.

but neither to be pained throughout the body

ἀλλὰ τὸ μήτε ἀλγεῖν κατὰ σῶμα (alla to mēte algein kata sōma)

nor to be troubled throughout the mind.

μήτε ταραττεσθαι κατὰ ψυχὴν·

(mēte tarattesthai kata psychēn)