

Discussion of the thread - Against Katastematic Supremacy - Pleasure Is A Unified Whole And Not A House Divided - Forum Editorial Policy

Post by "Cassius" of July 17, 2026 at 10:29 AM

Pacatus i think your post does a good job of summarizing where we need to be.

[Quote from Pacatus](#)

I didn't read the policy thread as forbidding any and all discussion of kinetic/katastematic pleasure (or aponia/ataraxia). They've been batted around on here since I've been here - often helpfully.

Correct. These terms and questions can be discussed without advocacy of the opposing position, and the very existence of the controversy is an "elephant in the room" that cannot be made to go away by ignoring it. I expect to write many additional posts and articles that address the issue from the "pleasure is the supreme good / pleasure is a very wide concept perspective, and I hope others will too. We can also have "private" discussions that do not affect the publicly-viewable flow of the site and distract from its central message.

[Quote from Pacatus](#)

But it seems as if the various arguments (using that word in a technical, not a pejorative sense) about trying to parse strict distinctions are unlikely to ever be settled to any general satisfaction.

And that is probably the most important point. There will never be universal agreement on these points, even among those of us who devote extensive time to reading about Epicurus. In my own mind I come back over and over to the scenes in the "Agora" movie about Hypatia, where the Platonic-like philosophers were consumed in their disputes about astronomy and geometry while their world was collapsing around them outside their doors. There's a time and a place for everything, but these are not the times nor is this the place to allow the focus of the site to be distracted away from central issues.

I don't think anyone on this website is an ascetic or even a minimalist at heart or views "pleasure" or even "desire" with suspicion. And yet those attitudes and perspectives have embedded themselves into Epicurean discourse, largely through this dispute that somehow "katastematic" pleasure is superior and different to pleasure itself.

I haven't recently referenced Elayne's article from 2019 but it continues to be a good non-technical discussion of the issues:

<http://www.epicureanfriends.com/thread/5179-discussion-of-the-thread-against-katastematic-supremacy-pleasure-is-a-unified-wh/?postID=40747#post40747>



Blog Article

On Pain, Pleasure, and Happiness

Not "absence of pain" as a full statement of the goal of life, but "the Feelings are two, pleasure and pain" and "Pleasure is the beginning and the end of a happy life."

Brief: The feelings are only two, pleasure and pain—there is no third state such as neutral, and there are no “fancy pleasures” which are different from regular pleasures. Because there is no neutral, reducing pain in life is only possible if there is a corresponding increase in pleasure. The extent of pleasure can be...

Elayne

July 15, 2019 at 7:31 PM

<http://www.epicureanfriends.com/thread/5179-discussion-of-the-thread-against-katastematic-supremacy-pleasure-is-a-unified-wh/?postID=40747#post40747>