

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

Post by "Don" of July 30, 2026 at 12:35 PM

Since I have been relatively quiet* lately, I wanted to wade back into discussions with a little more substantive post specifically in this thread.

I freely admit I had an initial negative visceral reaction to [Cassius](#)'s (*what appeared to me at the time*) heavy-handed wielding of the ban-hammer and flurry of editorial policy statements. I questioned whether my own views fell under the interdict.

I'm better now and don't *believe* I hold views opposed to the (actually longstanding) editorial policy of the forum.

Also, congratulations to [Cassius](#) for the generally positive reaction from Gregory Sadler. Hopefully that drive some eyeballs to the article.

The point that prompted this post was [Cassius](#) mentioning, almost in passing, that:

Quote from Cassius

Rather than taking the passage "Freedom from trouble in the mind and from pain in the body are static pleasures, but Joy and exultation are considered as active pleasures involving motion" in isolation, we should consider it with all the rest we know. We know that Epicurus held that because there are only two experiences, for the living human whenever pain is not present what is present is pleasure. This quoted passage need be saying nothing more than that mental or bodily well-being (meaning when pain is absent) constitutes a "stable" perspective on the goal of life. This is a perspective that does not change and does not vary from person to person.

This hit me like a ton of bricks and I don't know why it never did before. The living, sentient, sensing being *ONLY* feels pleasure OR pain. The dead feel neither. Pleasure comes in various varieties/flavors/experiences but is always pleasure. That terse quotation from Epicurus (which I continue to feel is genuine given the various references/citations Diogenes Laertius give it) is simply referring to the various experiences of pleasure by living, breathing people. AND he firmly plants his flag that *THAT IS* the goal by which we steer our ships. Pleasure, in all its multifarious manifestations, IS the North Star. And, no, he says, we can't exclude pleasant smells, pleasant sights, pleasant tastes, pleasant motions, any more than we can exclude contemplation of a healthy, fortunate state. It's all pleasure. For anyone to parse one pleasure

above others, *if it brings no pain*, is a fool's errand it seems he's saying with this one (now infamous) katastematic/kinetic line.

**My statement here assumes anyone would even notice if I was quiet or not. 🤔 I apologize for the narcissism inherent in saying that.*