

As To The Three Legs Of The Canon (Sensations, Feelings, Anticipations) Is it Possible to Experience (Receive Data?) From One Without The Others?

Post by "Don" of February 6, 2023 at 9:27 AM

[Quote from Cassius](#)

also-troubling contention that katastematic pleasure is some kind of special and higher pleasure, different in nature from any other "normal" type of pleasure, and somehow separate and apart from experience/sensation

My take: I have other thoughts on your post but this one elicited an immediate reaction from me.

To me, the only troubling part of katastematic pleasures are their continuing misinterpretation. They are not "special" or "higher". They're merely those pleasures that arise within ourselves like tranquility, pleasant memories, homeostasis, etc. They are "special" only insofar as they are the pleasures we can be most confident in having, even when we are unable to partake in kinetic pleasures like walking in the country, dancing, etc. Tranquility can serve as a foundation for fully experiencing kinetic pleasure free from anxiety.

Quote from Cassius

All this interrelationship is why I think it is ridiculous to single out and interpret "katastematic pleasure" or "tranquility" or "ataraxia" or "aponia" or any other particular word as something higher than, or special in kind, or anything more than one among many experiences of (or aspects of or perspectives on) the "Pleasure" that we use as a description of our general goal in living a full human life.

Again, I will continue to soapbox that katastematic pleasures are not special, but Epicurus, Metrodorus, and Philodemus all refer to them. They cannot be dismissed out of hand like some of those academic authors do or be singled out as *the* goal like other authors do. But Epicurus consistently stresses the importance of ataraxia *in* a pleasurable life. It seems to me he is saying it is necessary but not sufficient for a pleasurable life.

I would also translate them as stable pleasures not static pleasures. They are pleasures in which we can have confidence at all times.