

# Modern Neuroscience And The Katastematic / Kinetic Debate

Post by “Don” of June 29, 2023 at 2:52 PM

[Quote from Cassius](#)

The issue I have is with the modern implications of "tranquility" as being "at rest" or "inactive" or similar words circling the drain of "nothingness."

Agreed.

I maintain (and I think we agree) that activity can be undertaken with a calm, tranquil mind.

For example, if I ever found myself in a foxhole, I would want a commanding officer who approached the mission with a clear eye and calm mind rather than some screaming, yelling lieutenant.