

# Modern Neuroscience And The Katastematic / Kinetic Debate

Post by "Don" of July 1, 2023 at 1:59 PM

[Quote from Godfrey](#)

I agree that a basic understanding of neurochemistry can aid in the pursuit of pleasure and well-being.

Agreed!

[Quote from Godfrey](#)

pleasure remains the way that we experience our neurochemical functioning

Agreed!! And well put, Godfrey.

[Quote from Godfrey](#)

I think, [pleasure] remains the highest good/the goal/the guide. Neurochemistry is the mechanism of pleasure but, to my way of thinking, doesn't supercede pleasure. For it to do so we would need equipment that would instantaneously monitor our levels of the various chemicals. The equipment that we have for that is our faculty of Feelings.

Again, well put. If I may add, our brains are what we have to "monitor our levels of the various chemicals." 😊 Our feelings and sensations (including interoception) are how we experience that monitoring. And as Dr. Lisa Feldman Barrett points out, that monitoring and prediction function is the main job of our brains... that whole reasoning thing comes along for the ride later on as I understand it.