

# Modern Neuroscience And The Katastematic / Kinetic Debate

Post by “Godfrey” of July 1, 2023 at 5:54 PM

That's a great layout of the issues, [Don](#) ! A lot to digest. Your chart in post #129 seems to me to be the most useful place to start tiptoeing through the minefield.

1) I totally agree that kinetic pleasure can be either mental or physical, and the same for katastematic pleasure.

2) I'm not sure that degree of arousal is pertinent. It may be, but it seems to me that the difference between katastematic and kinetic is a factor of **time** rather than "intensity". For example, I can be hungry and get pleasure from relieving that hunger. But I can be a little bit hungry (low arousal, negative valence) or really hungry (high arousal, negative valence). What makes the pleasure from eating kinetic is that it changes my temporary state from hunger (pain) to pleasure (absence of pain = negative pleasure), possibly with the additional positive pleasure of tasting really good. But before long I'll be hungry again, either way. (BTW you can further say that relieving the hunger results from a natural and necessary desire, whereas tasting really good is related to natural and unnecessary desires. I think this is a separate issue from being kinetic or katastematic.) The katastematic pleasure of a correct worldview or of knowing that my needs are cared for for the foreseeable future could last years, not hours or minutes, and becomes a sort of "background" state of pleasure.

3) I don't think that observability is relevant to either kinetic or katastematic pleasure. For instance, someone teaching a correct worldview is in a sense witnessing the source of their student's resultant katastematic pleasure. And the source of a kinetic pleasure may be either observable or not. Think about meditating: in one way, it's an activity that involves continual moving between pleasure and pain, both physical and mental. Sitting there quite still, your back could be getting sore or you may be experiencing a particularly painful thought. Then you let go and "poof", the pain is gone. Likewise for pleasure: you might notice (or think) "oh, my back doesn't hurt anymore, this feels great!" or "I'm so relaxed"; then "poof" something unwanted, distressing or otherwise painful comes up. This is kinetic, but not observable.