

# Modern Neuroscience And The Katastematic / Kinetic Debate

Post by "Don" of July 3, 2023 at 7:33 AM

[Quote from Godfrey](#)

Now I understand where the table in post #30 comes from; it sometimes takes a few repetitions for an idea to sink in...perhaps more observable because you're smiling and laughing. That seems to me to be rather banal, not very useful

LOL... And that "observable" idea of my theory is blown out of the water anyway with the section from the letter to Menoikeus: "so that in old age you can be youthful by taking joy (kinetic pleasure) in the good things you remember" and Fragment 68 "To those who are able to reason it out, the highest and surest joy (kinetic pleasure) is found in the stable health of the body and a firm confidence in keeping it." See posts above.

Those two alone muddy the waters considerably!

It may be useful to dig into the the implications of the energeia aspect of those pleasures involved in motion. But I'm \*almost\* back at square one.

There still has to be a distinction that is of paramount importance here for Epicurus in defining the spectrum of pleasure he recognizes with the pleasures accepted by the Cyrenaics. On its surface, I still think the circumplex quadrants have something to speak to that with low and high arousal. ...hmmm .... Maybe \*that\* has some connection to energeia?? By Zeus! This is a minefield!!! 😊

On energeia and kinesis, check out the Wikipedia article here: <https://en.wikipedia.org/wiki/Potential...ity?wprov=sfla1>

I need to read these closer too:

<https://cup.columbia.edu/wp-content/uploads/2017/12/Philosophies-of-Happiness-Appendix-6.pdf>

<https://cup.columbia.edu/wp-content/uploads/2017/12/Philosophies-of-Happiness-Appendix-8.pdf>