

# Modern Neuroscience And The Katastematic / Kinetic Debate

Post by "Don" of July 27, 2023 at 11:58 PM

[Quote from Godfrey](#)

wouldn't it be logical to have categories of pleasure analogous to those of desires? If this is so, then I'm next suggesting that katastematic pleasures come from natural and necessary desires and that kinetic pleasures come from natural and unnecessary desires . OK, but how is this useful?

I'm intrigued by your idea, but not sure if I'm fully onboard...yet. Let me make sure I understand your suggestion:

Fully agree & acknowledge that Epicurus provides a categorization of desires and a categorization of pleasures.

Your positing that our basic needs (natural and necessary desires) give rise to katastematic pleasure - our "baseline" pleasure (the "ocean" in the water metaphor earlier above?) and this is a result of 20% of actions/choices/avoidances, giving rise to 80% of our pleasure in life. Kinetic pleasure (the "waves" in the metaphor above) arises from 80% of our actions but only contributes 20% of our overall happiness. So we need both the 80% katastematic and 20% kinetic to live fully pleasurable 100% lives. Percentages aside, you're proposing that the bulk of our "baseline" pleasure is going to come from meeting our "natural and necessary" desires, but the kinetic pleasure is ...to make up a new metaphor... the icing that really makes the cake delicious?

Is that summary aligning with your thinking?

If so, the one thing that strikes me as askew is comparing desires with pleasure. Desires to me are one thing; pleasure and pain are another thing. Desires imply cognition and rational decision-making, whereas pleasure and pain are sensations which we can't decide not to feel.

Like I said, I'm intrigued and you may be onto something... just still percolating.

That said, I do like your striving to make things practical and useful and to get off "the primrose path of Ciceronian obfuscation." (A NICE touch of wordsmithing that phrase is!)