

Eat Drink and be Merry!

Post by "Godfrey" of September 29, 2023 at 1:19 AM

[Quote from Don](#)

Don't take this as personal, but

Not at all [Don](#) , I was just too lazy to type "katastematic"! Which I've now done. Which just shows that it doesn't pay to be lazy 😊

To show that I don't learn from my mistakes, I'd now like to put a thought which isn't fully formed out there.... If one accepts the assertion that pleasures/pains can vary in intensity, duration and location, can the concept (for that's really all that it is) of katastematic pleasure be clarified in any useful way by examining these categories?

At first blush I don't see intensity as being particularly relevant for katastematic pleasure, so I'll skip over it for now.

It would seem that duration is a key part of the concept: a pleasure that lasts a relatively long time seems to me to be katastematic, whereas a brief pleasure seems to be kinetic.

Location would also seem to be a critical part of the concept. Is it worthwhile to speak of katastematic pleasure in your toe? Or in your hand, as in the infamous Chrysippus quote? Pleasure located in the mind can be katastematic. However, I think that the reason for that is that once you've reasoned something out, the pleasure obtained with the conclusion is of relatively long duration. What if you define magnitude of location as "breadth" of location? For instance a general sense of physical well-being. Or a pleasure located in several "areas" of the mind? Such as something that you enjoy while you're doing it, but also gives you a sense of lasting connectedness or purpose.

This is leading me to an amorphous thought that katastematic pleasure is something that maximizes an individual's duration and breadth of pleasure. Everybody has a different way of achieving this, but the goal in striving for katastematic pleasure would be to maximize the breadth and duration of the individual's pleasure.

What I'm trying to get at is a reasoned description of katastematic pleasure that not only is useful in daily life, but that also emphasizes that katastematic pleasure is a practical concept and not a "fancy pleasure" or a woo-woo state. Any thoughts?