

Eat Drink and be Merry!

Post by “Godfrey” of September 30, 2023 at 1:40 AM

One thing that strikes me about this picture, [Don](#) , is that it seems very similar to descriptions of the effects of meditation that I've read. That's not necessarily a bad thing, but it seems to me to be somewhat limiting when it comes to pursuing pleasure.

I've been attempting to complement this picture of katastematic pleasure by looking at the components of pleasures/pains as I've described in my above posts. Also, katastematic pleasuinvolves both a durable presence of pleasure and a durable absence of pain. On the one hand these are by definition the same thing. On the other hand, they provide two different viewpoints for maximizing pleasure.

Katastematic and kinetic seem to me to be relative concepts for describing the duration (durability?) of a pleasure or pain, and perhaps to describe the extent of location (breadth?) of a pleasure or pain.

I'm leaning toward the idea that katastematic/kinetic is really just a description of durability. Breadth is important, but not katastematic or kinetic. Breadth would be something like "does this thing bring me both physical and mental pleasure? Does it affect one part of my body, or is it a more widely distributed feeling? Does it give me mental satisfaction in one way or in a variety of ways?"

What I'm thinking is that looking at feelings in terms of the particular components of intensity, duration and location gives us a practical set of tools. Katastematic/kinetic is just a way of talking about the tool of duration. This line of reasoning was prompted by the texts, but I haven't yet gone back through the existing texts (studiously excluding Cicero) to see how fully it's supported.