

# Episode 196 - The Epicurean Arguments In Cicero's On Ends - Book Two - Part 06

Post by "Don" of October 15, 2023 at 2:06 PM

## [Quote from Cassius](#)

I would say "floating" is going to evoke "mindlessness" or "total inaction" unless we are careful to exclude that. And that's where the kinetic language gets blurry, if for example savoring memories is kinetic.

I would lean into the "relaxation" aspect of floating, liked in an inner tube down a river, luxuriating in the sunshine, slow motion, float.

For memory:

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## [RE: Modern Neuroscience And The Katastematic / Kinetic Debate](#)

There aren't a lot of opportunities, but I decided to try and replace single words with either katastematic or kinetic pleasure.

It should also be remembered that the phrase "kinetic pleasure" isn't \*actually\* what Epicurus says. What he says is (as literally as I can make it):

"Peace of mind (ataraxia) and freedom from pain (aponia) are condition/state pleasures; joy (khara) and delight (euphrosyne) are seen in relation to (κατὰ) motion (κίνησις) by means of activity (ἐνεργεία)."

ἡ μὲν...



Don

July 2, 2023 at 11:04 PM

...so that in old age you can be youthful by taking *joy* (explicitly a kinetic pleasure per Epicurus) in the good things you remember (letter to Menoikeus)

τῷ μὲν ὅπως γηράσκων νεάζη τοῖς ἀγαθοῖς διὰ τὴν χάριν τῶν γεγονότων