

# Is gratitude a katastematic or kinetic pleasure?

Post by “Cassius” of October 25, 2023 at 2:55 PM

## [Quote from burninglights](#)

Here, he seems to express the idea that grateful recollections have played an important role in the old man having 'come to anchor' in life, suggesting again that by way of gratitude one can find peace of mind.

But before I go off to much further on the details, re-reading your original post I presume what you are doing is looking to identify pleasures that are accessible and longer-lasting and looking at ways to cultivate those rather than moment to moment stimulations and excitements. Just thought again I would be clear and say that that is a very desirable search and something to explore and write at length about, no matter what labels we put on it.