

# Is gratitude a katastematic or kinetic pleasure?

Post by "Cassius" of October 25, 2023 at 5:05 PM

## [Quote from Titus](#)

The thing to be careful about is, not to go in the opposite direction and even begin to embrace katastematic for the sake of reaching a "nirvana-like state of ataraxia".

That's the way I see it, and I also see no reason at all to ever associate "katastematic" with "a nirvana-like state of ataraxia." But I think that's exactly what a lot of people outside this forum are doing.

## [Quote from burninglights](#)

So I go to the shop of the best basket weaver in town. He's not in, but there's a pile of wicker on the floor and a note that reads, "there's warp and there's woof." I have no idea that means, but I'm pretty sure it's gonna be helpful in some way.

As you know and agree, Don has a list of citations supporting his position. If you have not read it, you can read the Boris [Nikolsky](#) article on this website which builds on the Gosling & Taylor analysis and takes a different position. All I can tell you is to read the articles to the extent you are interested and form your own opinion. In the end, I would suggest the best approach is to look at the reality of what is in the wicker basket, and what you can feel for yourself in your own mind and body, and label according to the reality you can observe.