

# Is gratitude a katastematic or kinetic pleasure?

Post by "Godfrey" of October 26, 2023 at 1:36 AM

## [Quote from TauPhi](#)

everything that is alive, has senses and a brain (or the corresponding organ) capable of translating sensory inputs into experiences, is equipped with katastematic pleasure at birth. This pleasure is, simply put, background noise to life.

As such, katastematic pleasure has nothing to do with intensity, location and duration. These can be descriptors of kinetic pleasures. If one really wants to apply these descriptors to human katastematic pleasure, they would look something like this:

intensity: subjective and unquantifiable

location: somewhere between one's ears

duration: lifespan

This is interesting, but in pondering it, I keep coming back to Epicurus' wording. To paraphrase: *the healthy functioning of the body and lack of disturbance in the mind*. But, to me, this mustn't be considered simply background noise, and it still consists of intensity, location and duration.

For something to be a pleasure, by definition it must be *felt*. With this in mind, a "background state" could easily be misconstrued (and typically is, outside of this forum) as a "neutral state", even though I don't think that's what you're saying [TauPhi](#) .

By being in either the body or the mind, these felt pleasures have a location. They have duration, which can be anything from fleeting to long lasting. (Think of times when your body feels really great or your mind is really clear. For me, these times are fleeting. If they're long lasting for you, tell me how you do it!) And they have varying intensities, depending on the particular situation.

So apparently where this is leading me is to the conclusion that *ataraxia* and *aponia* are most likely the katastematic pleasures. But they are like all other pleasures in that they vary in intensity, location and duration. If there is anything that categorizes them as separate from other pleasures (notice that I studiously *didn't* say "makes them special") it's the breadth of their locations: *aponia* being throughout the body at a given moment and *ataraxia* being throughout the mind at a given moment. Unless, of course, you're a god. (Which kind of sounds similar to a Stoic sage as I write this... but I digress.)