

Is gratitude a katastematic or kinetic pleasure?

Post by “Don” of October 26, 2023 at 8:49 PM

I think you're on to something, [burninglights](#) , especially in light of what Epicurus says in the letter to Herodotus (to paraphrase):

[37] "I devote my continuous energy to the study of natural science and reap the calm enjoyment of a life like this."

A. "my continuous energy to the study of natural science" (pleasure through motion)

B. "the calm enjoyment of a life like this." (katastematic pleasure)

C. reap: A leads to B

You just to put the work in on A to live the calm life of B.