

Is gratitude a katastematic or kinetic pleasure?

Post by "Godfrey" of October 26, 2023 at 11:51 PM

[Quote from Don](#)

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

[TauPhi](#) , I think that [burninglights](#) ' post #32 above does a good job of clarifying what I was trying to describe as to how my understanding of katastematic pleasure differs from what you are describing. And I find this understanding of it useful in using our reasoning and agency to craft our most pleasant life.

[Quote from TauPhi](#)

I am strongly opposed to the idea of a "neutral state".



We're definitely in agreement there.

[Quote from TauPhi](#)

it's felt constantly throughout one's life and is sometimes disturbed by pain caused mainly (but not only) by fear which distorts our perception of life's experiences.

My main question is whether or not this is correct. Whether there is actually a background state, or a constant fluctuation between pain and pleasure in all parts of the body and mind. I'm beginning to see it as the latter.

[Quote from TauPhi](#)

If katastematic pleasure would be fleeting and unstable and lasted only for some time, k/k division would make no sense and would be reduced to an absurd. I mean, how much time do we need to declare a pleasure long-lasting so it's katastematic and no longer kinetic? 15 minutes? Two days? 5 years? At this point we might as well start discussing which superhero is better, Superman or Spiderman?

Ataraxia and *aponia* have no inherent time component as far as I can determine as a non-Greek speaker. If they define katastematic pleasure, there is no reason why katastematic pleasure would have to have a particular time component, let alone last a lifetime. The only reference to time is the secure knowledge of their continuance, which depends on prudent choices and avoidances. In this case, they're "stable" because you've done the work necessary and can tap into the particular feeling of pleasure at any time, even though you don't feel it all of the time.

It does seem to me that kinetic pleasures, in general, have less breadth of location than have *ataraxia* and *aponia*. But that depends on the exact definitions of *ataraxia* and *aponia*.

I hope I'm making sense and not driving people crazy with this line of thought! My own thinking is evolving, and we have so few sources to go on that it seems necessary to do the digging to really try to get a handle on the deeper ideas. And as always I welcome frank speech!

As for Superman and Spidey, I have my opinions. 😊 But those belong in another corner of the internet (a corner to which I never go 😄)