

# Is gratitude a katastematic or kinetic pleasure?

Post by "Godfrey" of October 27, 2023 at 3:59 PM

Well said [Don](#) .

One of the values of thinking of katastematic pleasure as "a permanent condition produced by practice" is thinking of practice as an action or actions that we can and must take to benefit our well-being. I like that, at least for me, this seems more active than passive. I'm on the fence as to whether to think of KP as a permanent state, however. Stable, yes. But stability doesn't necessarily imply permanence. A volcano can be stable for ages, and then erupt. An illness can be stable until it gets better or worse.

[TauPhi](#) has referred to KP as the will to life, which is a permanent thing. I'm not denying that there is a will to life, in fact I agree that there is. But I question whether that is what KP is referring to. I'm thinking that life presents each of us with long term challenges (financial stability, stable good health, stable food and shelter, aging, caring for loved ones, and other things that come up). Doing prudent work of planning and preparation to address these challenges, and others, results in a stable freedom from fear and worry (i.e. pleasure) with respect to each individual challenge. This type of pleasure is quite different from the Cyrenaic type of pleasure which needs to be constantly replenished.

(Cross-posted... this post is in reponse to [Don](#) 's post #37.)