

# Episode 298 - TD26 - Facts And Feelings In Epicurean Philosophy - Part 1"

Post by "Don" of September 16, 2025 at 1:30 PM

I'm going to ignore the Grokkery above.

To answer your question, I see katastematic pleasure as that which results, at least in part, from the weeding out of fear of the gods and death. Once those are truly rooted out - not just intellectually but viscerally - they don't come back. Without those fears and anxieties, the mind can remain untroubled. That's katastematic pleasure. A firm *state of being*.

Kinetic pleasure are all the pleasures that arise in the moment, from pleasant memories to drinking with friends to eating food.

That's the nutshell.