

Neither "ataraxia" nor "not ataraxia", but "Joy as the goal"

Post by "Cassius" of February 27, 2026 at 9:30 AM

I should also point out that this quotation in post 7 is a long distance from the point where this thread started out, when you advocated "Joy" as the goal ("Neither "ataraxia" nor "not ataraxia", but "Joy as the goal").

That's because katastematic pleasure specifically does not include joy. As I cited above from [Diogenes Laertius](#):

And Epicurus in the work on Choice speaks as follows: 'Freedom from trouble in the mind and from pain in the body are static pleasures, but Joy and exultation are considered as active pleasures involving motion.'

If you believe that joy and exultation are an integral part of the Epicurean goal of life, then you specifically one would NOT limit the goal to only one kind of pleasure ("katastematic pleasure") as is implied in parenthetical construction in the sentence:

"the pursuit of pleasure is the path to eustatheia and happiness (katastematic pleasure or pleasurable state) (underline added)