

FollowUp On Quote Submitted By Pacatus - "It is not a sign of good health to be well adjusted to a sick society."

Post by "Cassius" of July 18, 2026 at 11:12 AM

[Quote from Patrikios](#)

Is it wrong to pursue both kinetic and katastemic pleasures, especially the katastemic pleasures one feels when deeply studying and grasping some deep Epicurean concept

What is wrong is that what you are describing there is a pleasure of change - of motion - and there is no authoritative reason to consider what you are describing as katastematic at all. THAT is the problem - any activity including studying is much more likely to have been considered kinetic than katastematic. We need to pursue these activities for the pleasure that they bring , not because we like the sound of the word katastematic so we can slap that label on it.

I fully admit that it takes a lot of reading to go through what Gosling and Taylor, [Nikolsky](#), and Kelly Aronsen have written, but what is there should disabuse us of the notion that there is anything magic about the word katastematic.

But for those who don't want to take that time, they should be cautioned that they are using terminology in a confident way that they should not be confident of at all - and in which they are very likely wrong.

Why not just describe the pleasure and embrace it if it brings greater pleasure than pain , without worrying whether it is kinetic or katastematic?