

# VS11 - VS11 and Kinetic / Katastematic Pleasure

Post by "Hiram" of February 5, 2020 at 9:59 AM

Quote

For most men rest is stagnation and activity is madness. - Epicurean Saying 11

I think it was Laertius who explained that the argument of how pleasure exists in both katastematic and kinetic forms (static and dynamic) is because Epicurus was critiquing the Cyrenaics, who believed that pleasure could only exist in the satisfaction of the senses here and now. Aristippus of Cyrene told people to practice "presentism", to be present to the pleasures of the immediacy. Epicurus, instead, told people that they could also reminisce about past ones and anticipate future pleasures.

Diogenes of Oenoanda elaborates on these arguments.

And I know that some of the modern Epicureans find this idea of kinetic/katastematic pleasures controversial, and I know Cassius has said that he believes these categories are not found in Epicurus' extant writings. We have [record of a past dialogue here](#).

But we never considered this saying in discussing that. I think VS 11 does seem to name a problem that is being addressed by the kinetic/katastematic categories of pleasures, and I wonder if these Sayings can be traced back to the founders.

VS 11 seems to be implying that philosophers should educate themselves to experience rest as pleasure rather than stagnation / ennui / boredom, and to experience action as pleasure rather than madness / stress.