

VS11 - VS11 and Kinetic / Katastematic Pleasure

Post by "Hiram" of February 5, 2020 at 11:33 AM

[Quote from Cassius](#)

(2) I am not sure I really understand why you would take the phrase in the direction you are taking it: "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."

Why not simply take it at face value? Which is something like "most people do not intelligently use either their periods of rest or their periods of activity in a way that maximizes their pleasure."

Right, but why is this an established doctrine? Why would the Epicureans make this worthy of memorization?

The saying does not say or imply that abiding pleasures are "superior" to dynamic ones, or anything of that sort. If this is being said by anyone, we should consider that a SEPARATE argument and put it in a thought bubble and address it separately, without losing the point being presented here, which is that there is a need to remedy both ethical problems.

I think VS 11 is pointing the finger at ailments / dis-eases that require medicine, and the way this ties to the teaching is that BOTH of these are problems for which philosophy has the remedy.