

Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.

Post by “reneliza” of May 20, 2022 at 10:35 AM

[Quote from Kalosyni](#)

[Quote from Don](#)

Let's say my life is stable, comfortable, overall pleasurable with episodes now and again of pain.

Something happens and I have to defend my home and family from hostile forces... I'm now in a war.

My life is now unstable, dangerous, with an overall abundance of pain with small episodes of pleasure.

I am fighting a war to return peace and stability to my life so I can again have a life that is stable, comfortable, and has more pleasure than pain. I did not choose to fight this war, but I now have no choice but to engage in war.

My side wins the war. I can piece my life back together hopefully and find more pleasure than pain in my existence.

In my mind survival does not equal pleasure. Survival does not guarantee pleasure. Don's quote is applicable even in other situations -- For example, someone getting into a career requiring long stressful hours of work, and then transitioning into a different line of work which is less stressful.

The drive for survival is not the same as the pursuit of enjoyment in life. In survival we want to eliminate pain, in enjoyment we are adding in pleasure.

These are all nuances, and interesting to talk about.

If Pleasure and Pain are mutually exhaustive (ie all experiences are pleasure or pain) then the elimination of pain must be a pleasure.

I'm not sure if there's anything in the text that spells this out explicitly, but this is how I understand the "limit" conversation. Once you eliminate all pain, that's the limit of pleasure because everything left over IS pleasure (if it's not pain it is by definition pleasure)

I drew out a sketch to try to further understand this myself - similar to the concept of the vessel. If we think of life as pleasure, pain, and neutral, then just removing pain doesn't reach the limit of pleasure. But if you realize that there is pleasure in anything that is not pain (yes,

even organizing a sock drawer), then there is no neutral, so what is left over when pain is removed is all pleasure

In the picture, the bright pink represents more intense or active pleasures and the pale pink represents passive pleasures, with white representing "neutral." Which circle is the most pink? Except for the first one, they are all at the limit of pinkness. Darker pink is not more or less pink than lighter pink. They're both pleasure, the difference is just the shade.