

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

Post by "Cassius" of May 20, 2022 at 11:23 AM

[Quote from Don](#)

The addition of pleasure **IS** the removal of pain ONLY because the two can't co-exist. Where there is pleasure, there is not pain.

Yes and I think that's pretty close to the intersection of the feeling / intellectual issue. We can feel that pleasure and pain can't co-exist, because we by experience feel only one of the other at a time.

However unless we "think about" and "reason through" the issue, and identify by definition that there are only two feelings (all good feelings are "pleasure" and all bad feelings as "pain") and then we go forward and realize intellectually that this means that "pleasure and pain" can't co-exist, then we're not in a position to extend these findings to their logical conclusions.

We (most of us) won't be able to identify that it is reasonable to say that "pleasure" can be "full" in the bottom left and bottom right circles that ReneLiza has identified as also fully pink/pleasure. We will think instead that in order to have a full life we have to go for the top right circle, or even to keep darkening that circle or changing its shades on and on and on, never stopping, when we should realize all along that as long as the white/pain is gone, the circle is fully "pink."

In this a word game? Yes. Does it *fully* satisfy us when we get old and we want to keep living forever? *Probably not*. But does it help us realize that no matter how long we stay on the treadmill of time we can't improve the experience of running full speed on that treadmill? I think so, yes.

DeWitt's mountaintop analogy is probably more attractive than comparing life to a "treadmill." Even with a mountaintop, which we all generally see as "good," no matter how long we stay at the summit of the mountain the experience really doesn't get any better after we've looked around for a relatively short while.