

# Questions re Pleasure

Post by “Kalosyni” of November 9, 2024 at 10:01 AM

## [Quote from Matteng](#)

I see they some include/not include awareness/ attention / appreciation, so there is an active / virtuous activity to feel these pleasures.

Vatican Saying 17: "It is not the young man who is most happy, but the old man who has lived beautifully; for despite being at his very peak the young man stumbles around as if he were of many minds, whereas the old man has settled into old age as if in a harbor, secure in his gratitude for the good things he was once unsure of."

This says that the "young man" can look to and learn from the "old man" about how to live happily.

Gratitude is pleasurable, and there is no need to label it "a virtue".