

Aspects of Pleasure - Dopamine, Endorphine, Continuity

Post by “Root304” of November 9, 2024 at 10:22 AM

Thanks Julia. I will pursue exploring human Dopamine and Endorphin systems more thoroughly as naming the systems may offer up some science-based insight as to why I had a sudden shift towards mental wellness while not necessarily needing to change much about routine but in the act of letting go of all ambition and ego-defenses. Perhaps I had "switched pleasure systems" and began using different parts of my brain that were not malformed or dysfunctional. All speculation as I do, but striking for me none the less.

I will only comment further by saying that while I disagree with some of the general attitudes aimed at either system, I respect this formulation if it serves you and will refrain from any defense or critique per your request. Sometimes we do need liberal use of periods as we write the story of our lives and our philosophies instead of endless commas and semi-colons.