

The “Absence of Pain” Problem

Post by “Eikadistes” of April 16, 2025 at 12:15 PM

There are a number of mental pleasures that are even more pleasurable than the sensation of our toes not throbbing, for example, the pleasure of knowing that clumsiness can be mitigated with awareness, and that we use rationality to relocate whichever pesky piece of furniture leapt in front of our poor toe's path, and then, even once you've stubbed your toe, it is incredibly pleasurable reflecting, each second, that the pain is quickly dissipating, and will disappear within minutes. Finally, I can remind myself that we usually don't need splints for broken toes, and the Nature inside us, perpetually seeking reduction of inflammation, heals itself without us even asking.

I'll accept being in a bit of physical pain, but having the mental confidence that it will pass more than I will having no pain at all, but lacking confidence, and being fearful of future stubbed toes. There's a lot of positive pleasure to be had in the mental exercises of gratitude and patience.