

Let's explore and reclaim pleasure

Post by “Kalosyni” of September 27, 2021 at 12:06 AM

Thanks [Cassius](#), [Don](#), [Joshua](#), [Godfrey](#)

Reading all your inputs...lots of pleasures!

I realize I am just going through a phase of "dampened" pleasure right now, so I am needing to mentally clear out my mind in order to open back up to receiving enjoyment from the activities that I usually enjoy doing (hiking, dancing, biking, going to the library and to coffee houses). The past two weeks were stressful, visiting my parents and sisters. Now back home in recovery mode...

...and so it would seem that the mind must be tenderly cared for so that pleasure and joy can flower.