

# Let's explore and reclaim pleasure

**Post by “Godfrey” of September 27, 2021 at 1:34 AM**

A very insightful post, [Kalosyni](#) ! What you are describing is exactly the process of opening to the Feelings as a guide. Half of the guide is "pain": not avoiding or suppressing the unpleasant, but being guided by that as much as by pleasure.

A pleasant and fulfilling recovery to you!