

# Let's explore and reclaim pleasure

Post by “Kalosyni” of September 29, 2021 at 11:18 PM

To summarize the pleasures from the above posts, for the sheer enjoyment. 😊

And for sure there are many more than these...

---nature/outdoors/cosmos - sensations of warmth on the skin from the sun and taking in pleasing sights and sounds with the eyes and ears

---joy of the intellect and thinking - books, reading, writing, poetry

---movement of the body - walking, yoga, dance

---stillness of the body - meditation

---conversation

And I would create a separate category for the following (due to the possibility of mixed results and the need for moderation)

---romance, wine, food, sex

Then also there is the pleasure of recollection...

In a separate thread [Cassius](#) shared a passage that I find to be very helpful from Torquatus "On Ends":

"...let him never suffer the pleasures of the past to fade away, but constantly renew their enjoyment in recollection, and his lot will be one which will not admit of further improvement."