

# Let's explore and reclaim pleasure

Post by “Don” of September 29, 2021 at 11:24 PM

Well summarized, [Kalosyni](#) !

People seem to sometimes think that pleasure always has to be capital-P Pleasure. But the simple everyday pleasures can be powerful due in fact to their being readily at hand. We just have to remember to appreciate and notice them.

I had an experience today driving to work in traffic. Several cars ahead of me, another driver had his window down and I could see soap bubbles coming out his window and floating through traffic. It was so whimsical and unexpected, it made me smile for several blocks the whole way to the parking garage. It was a wonderful way to start the day! 😊