

# Episode Ninety-Five - Understanding The Paradoxical "Absence of Pain"

Post by "Kalosyni" of November 9, 2021 at 1:30 PM

[Quote from Martin](#)

for quite some pleasures, we might spoil them if we analyze them while we experience them

This reminded me of the importance of moving fully into the body during the experience of short bursts of intense pleasure (eating chocolate or the moment of orgasm) by opening up the body and breathing in deeply and exhaling slowly to create a tantric experience.