

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

Post by "Kalosyni" of November 9, 2021 at 7:00 PM

I regret using the word "tantra" as it has nothing to do with Epicurus. (btw...I was thinking "western tantra" and not "Eastern religious tantra").

Let's leave it at what [Don](#) said:

[Quote from Don](#)

any time you can be fully present and aware is going to increase your ability to tune into your experience of pleasure.