

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

Post by "Don" of November 9, 2021 at 9:01 PM

[Quote from Cassius](#)

Ok who is going to explain the "tantra" reference?? 😊

LOL. Maybe when you're older.

Seriously though, the Buddhist tantra is popular in Tibetan Vajrayana Buddhist is about using *everything* as a vehicle to enlightenment: sex, anger, other things many see as "negative" or "evil." Its focus in the West has become fixated on "tantric sex", but I'll let you Google it Wikipedia that.

On second thought, let's take [Kalosyni](#) 's advice and stick with

[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.