

# Supernatural and the Senses

Post by “Kalosyni” of January 14, 2022 at 11:04 AM

[Quote from Matt](#)

Kalosyni you have a very good way with people.

Well, thank you...I don't know...

Just remember that pleasure and pain is the teacher here...with a focus on moving toward both short-term AND long-term pleasure (and the consideration of not just your own pleasure but also the other person's pleasure...because this has a built in feed-back loop).

I studied "Nonviolent Communication" by Marshall Rosenberg, and took classes and workshops. He said: "Don't do anything unless you are as happy as a child feeding a duck."

And this also points the need to be clear (inside yourself) about why you are doing something. So you trust your inner feelings about what feels good inside, for your own situation, and for your own needs. At some point I'd like to share more about it on the forum, as I see it as being in sync with Epicureanism, and has some helpful ideas.

(Unfortunately "Nonviolent Communication" didn't help me fix my marriage, and I am now divorced).