

Let's explore and reclaim pleasure

Post by “Kalosyni” of March 5, 2022 at 12:11 AM

It just came to me that there could be a kind of map of pleasure in the body, based on the chakra system. Seeing this as a mix of mental awareness, emotion, and physical sensation. Even as materialists we can have a kind of understanding of "spirit" as arising out of, and dependent upon, the material elements. And would also say that chakras need not be something "otherworldly" but just a way of thinking about the combined energies of the body and mind.

I found this article, which covers all the chakras:

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[The 7 Chakras and Their Connection to Pleasure](#)

A brief intro

staceyherrera.medium.com

Here are some good excerpts:

Quote

Pleasure is the most sought after feeling on the planet. It is entirely subjective; no two people experience it the same way. A pleasurable event can not be duplicated. Yet it can be experienced, in some form, over and over again.

The human body is designed to feel. Bundles of nerves and miles of synapses make it possible to perceive unimaginable sensations. Pleasure and pain, hot and cold, comfort, and *dis*-ease can all be felt and recognized, sometimes simultaneously.

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When things appear to be spinning out of control and your instinct is to constrict, pleasure invites you to expand.

Permitting yourself to experience pleasure, not despite, but *because of* life's stresses, is an act of radical self-care.

Relish in the flavors of good food. Notice your ears perking when you hear the musical sound of laughter. Feel the hairs on your arms prickle to life when a gentle breeze caresses you. See the beauty in little things: weeds breaking through concrete, puffy clouds against a blue sky. Find comfort in the scent of fresh bread or the smell of your beloved.

Even now, in the midst of so much uncertainty, pleasure is still medicine. □□□□

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