

# Let's explore and reclaim pleasure

**Post by "Don" of March 5, 2022 at 10:17 AM**

Those are really some great excerpts from that article. I'm not ready to embrace the idea of chakras (maybe a little too "woo" for me, but taken metaphorically... Maybe?), but I fully endorse the idea of the importance of listening to what one's body is saying. Western inculcation has a generally bad relationship with the body.

But an aspect of this is one's sense of interoception. From researchers like Dr. Lisa Feldman Barrett and many others, this sense is linked to well-being. See for example <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5985305/>