

# Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.

Post by “Kalosyni” of May 17, 2022 at 9:26 PM

[Quote from Godfrey](#)

Have we ever pinned down concrete definitions of happiness, joy and pleasure?

I think it would be a good idea to have definitions.

For now I see that this thread is causing me to think about the meaning of the word "pleasure" and how I understand it.

The "pleasure of relief" in my mind is not pleasure - it is just relief.

Pleasure is for bodily sensations.

Enjoyment is for mental sensations.

My mind is too tired tonight, and I want to come back to this tomorrow, because this thread brings up issues that I think are of primary importance.