

PD19 And The Meaning Of No "Greater" Pleasure

Post by "Don" of August 21, 2022 at 10:30 PM

[Quote from Kalosyni](#)

Also I am wondering about getting entirely away from metaphors and just thinking about real life

I like that. 😊 Make it practical!

[Quote from Kalosyni](#)

I would wake up in the morning and ask myself "How can I bring more pleasure into my life?"

That's a good way to set your motivation and mindset.

[Quote from Kalosyni](#)

how one thinks of pleasure -- is it fun? is it sweetness? is it love? is it satisfaction? is it comfort? is it good health? is it a little food treat? or smelling roses or adding cinnamon to breakfast?

I would say it's all of those. All those describe pleasure.

As I think some more, I still am becoming enamored of the idea that a pleasurable life's foundation is a mind and body free from trouble, pain, and anxiety. Ataraxia and aponia. That's where it starts! That's the foundation upon we can build experiences of pleasure arising from natural desires, both necessary and unnecessary. Without that foundation, we are anxious that we won't be able to fulfill desires we want to choose; we're troubled that our desire won't completely fulfill our expectations; we fear the pleasure coming from our chosen desire won't last long enough. The fears, anxieties, and troubles can spiral out of control. If we have a sound mind in a healthy body, we can pluck the desires we find appealing with no mental anguish, large or small. If your mind is already at peace, sink your teeth into the ripe peach, experience the juice dripping down chin, close your eyes and taste the sensuous sweetness on your tongue. Experience the pleasure undimmed by some mental baggage because you're already at the limit of pleasure and the peach is varying that feeling.

I admit I'm still working through this, but, Thank you [Kalosyni](#) for bringing us back to a practical real world perspective!