

# **Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two**

**Post by “Kalosyni” of September 12, 2022 at 12:39 PM**

I don't think I expressed clearly enough in the podcast that removal of pain is the beginning or start of pleasure, and when the experience of pleasure has no mixed-in or co-existing feelings of pain then this is the pinnacle of pleasure and at this pinnacle we are living as the gods. In other words the highest form of sensual pleasure (at it's height) will also be free from mental pain (we will be free from worry and fear).