

Does the philosophy change you?

Post by "Don" of June 13, 2023 at 8:22 AM

[Quote from EricR](#)

"does the philosophy change your experience of being"?

If by "experience of being" you mean "how one experiences the world", the answer has to be "yes." One's "experience of being" is inextricably linked to what one pays attention to. By focusing on - seeking out - pleasure in both little and big ways, one's experience of the world is changed.