

PD09 - Condensed Pleasure

Post by "Cassius" of March 25, 2019 at 3:58 PM

"My experience is that intensity is not required for fullness of pleasure—only the absence of pain"

I think that is an important point. It is probably true, from a "fullness" perspective, that someone could sit in a cave and eat water and bread and if they worked hard enough mentally and physically to do it, they could focus entirely on pleasures and reduce pains to an absolute minimum and say that they are full - FOR THAT PERIOD OF TIME.

That's why I think the fullness issue has to be considered in the widest time period -- the full lifespan of the individual. The reason the cave-dweller's method is not going to work is that it is not sustainable in real life. In real life all sorts of things outside the cave are of relevance and necessary for continuation.

So even if a "mind-discipline ascetic focus on the pleasure of looking at the candle approach" worked for a short period of time, Nature / Reality makes such an approach unsustainable and therefore not to be chosen.