

Discussion of New Substack Article: "A Gate To Be Burst: Absence of Pain"

Post by "Kalosyni" of February 12, 2024 at 6:14 PM

[Quote from Bryan](#)

That is true. Which is fortunate-- because such pleasure is only felt as a relief from pain.

This is also true: We feel total pleasure in most parts of our body, most of the time.

I don't think of smelling a rose as a relief from pain, nor is eating dessert!

Right now I am thinking of feeling as an "on" or "off" switch - when the light of awareness is "on" then I am either feeling pleasure or pain.

Also, here is a new idea (whether or not it is in alignment with what others think is correct:

"Pleasure" is the absence of mental pain (angst and agitation). Whenever we are free from angst and agitation (even if there is a feeling of pain in the physical body) we can call this state "pleasure".

Just trying this out, for now (but will probably come up with something else soon, lol 😊).