

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

Post by "Kalosyni" of February 12, 2024 at 7:00 PM

Trying out this idea:

-- Perhaps there are multiple definitions of pleasure which are all correct, and it is all about common sense and making sure that we choose those things which will have a good outcome.

And further these thoughts come to mind:

When we have hunger or thirst, it is a pleasure to have that pain removed.

The enjoyment of stimulating pleasures of the five senses easily arises over and over again in the course of our everyday normal lives.

When we notice a moment that is free from both mental and physical pain, we can feel gratitude and reflect upon that moment as being a pleasure.

Happy memories both need to be made and remembered.

Friends (and family) are one of the most important ways of creating pleasurable moments.

There is no need to live in angst or agitation because these painful mental feelings have remedies.