

Emily Austin Seems To Think That Sex Is An Extravagant Pleasure aka natural but unnecessary. Do you agree?

Post by “Eric” of September 13, 2024 at 10:03 AM

I would like to give my thoughts on the subject of the necessity of sex as this has been a topic of major interest, experimentation and research for the past 6 years for me.

I actually would provide an alternate viewpoint:

The removal of the desire for sex is very difficult (for many reasons) and there often exist **withdrawal symptoms** from quitting - thus making getting rid of the desire painful. These withdrawal pains need to be endured for a long time (your mileage may vary) until they go away. Yet, once the withdrawals are over, the desire for sex gets weaker and people report that they experience long-term benefits such as more enjoyment from other things, increased mental/physical fortitude and most importantly, their lives become more pleasurable (I've been there many times). I am talking about brain/body alterations here, not simply about the pleasure coming indirectly from having more time for other things though those are also significant (but a bit too obvious to mention).

Essentially, a great pain is endured for an even greater long-term pleasure.

Another reason I believe sex to be divisive is that sex (particularly the release) is also a potent physical pain killer and stress reliever. I personally experience the pain-killing effects for up to two weeks after release. Many people deal with bodily pain daily and having sex can be an effective way to deal with that. On the other hand, if you are aware of your pain, you can maybe figure out the underlying issues better.

However, if you can manage your pain without sex, I think abstinence is worth experimenting on.

Warning: Sometimes the pleasure get's too high and things get a little psychotic. The Epicurean should be prepared and watch out for this and manage this properly to keep their peace of mind.

I think I'll stop here for now. Hope this brings up some good discussion or is useful to someone

