

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

Post by “Kalosyni” of September 19, 2024 at 11:53 AM

[Quote from Eric](#)

The drive is stronger than the actual pleasure. Seems that regarding sex, we are wired to seek and want it more than be satisfied by it.

This perhaps depends on one's attitude and practice with regard to observing sensory experience.

A comparison can be made to eating food. There is hunger, but if the food is eaten too quickly then that can result in less satisfaction. If the meal is carefully planned and savored, and eaten slowly with an attitude of observation of every sensation, then that can result in greater satisfaction.