

# "Pleasure" vs "Pleasant Experiences"

Post by "Kalosyni" of February 6, 2025 at 8:13 AM

## [Quote from Don](#)

The lighthouse is always there. We steer our little boat towards the lighthouse. We steer away from the rocks and shoals by the beacon of the lighthouse. We choose to keep going through storms and rocks to get to safety. We don't sit out the storm, unless we're too far out to see when we have to heave to.

How does pain, pleasure, homeostatis, satisfaction in the feeling of being alive (Chrysippus' hand), doing what needs to be done for good longterm outcomes, etc. fit into this metaphor?