

Confusion: "The feelings are only two"

Post by "Rolf" of May 26, 2025 at 4:23 PM

[Quote from Cassius](#)

If you do not consciously identify "absence of pain" as pleasure in your mind, then your body will not conclude that this labeling is appropriate.

Ahh, I see! This helps clear it up a bit. Even if the absence of pain might *feel* neutral, upon conscious identification and reason we can conclude that it is in fact pleasure. Am I understanding correctly?

Would you say that the inverse is also true?

Quote

If you do not consciously identify "absence of pleasure" as pain in your mind, then your body will not conclude this labelling is appropriate.