

Confusion: "The feelings are only two"

Post by "Rolf" of May 26, 2025 at 7:51 PM

Hmm, I understand where you're coming from. However:

[Quote from Patrikios](#)

You just have to tune your mind in to the small pleasures that your body is experiencing when it is just operating normally.

I'm partly playing devil's advocate here, but I also have to be truthful about my own personal experience: When I'm in a "neutral state" - not sick, injured, etc. - and I focus on my body's senses, I pretty much always notice some kind of ache, tenseness, stomach pain, itchiness, or some other uncomfortable feeling that I'm generally able to ignore when I'm not fixating on it. This isn't some new sensation either - this has been my general experience for as long as I can remember, and I don't have any kind of underlying medical issues (that I know of) that would cause this kind of thing. This is perhaps why I've been finding it difficult to understand and reconcile the idea that pleasure is the default state.