

Confusion: "The feelings are only two"

Post by "Rolf" of May 27, 2025 at 5:21 AM

Fantastic discussion going on, Don and Cassius. Thank you.

[Quote from Don](#)

That's simply because you're a mortal being in a material world.

By this, do you mean that it is normal to feel aches, pains, and other discomforts when focusing on the body? If so, how does that align with the following?

[Quote from Don](#)

I would rather think of "a body without pain, and an untroubled mind" being the ground from which other pleasures can be more readily experienced.

If a body without pain and an untroubled mind is the essential foundation, I'm unsure if I'll ever reach such a state. This supposed "healthy functioning body, free from pain" sounds almost mythical to me. Do people really feel this way, beyond some scattered moments?

I hope I don't come across as pessimistic here - my intent is only to be objective about my personal experience.