

Confusion: "The feelings are only two"

Post by "Rolf" of May 27, 2025 at 12:46 PM

[Quote from Cassius](#)

It seems to me that it's implicit in virtually all of it that you have to make conscious choices to focus your mind and decide to trust the senses and use them properly.

I mean less in the context of "trusting your senses" and more in the sense of consciously shifting your mindset regarding pain.

If I'm experiencing bodily pain, for instance, it's objectively painful. I trust my senses that I am experiencing pain. However, if I dwell on and agonise over the pain, I will experience it more strongly. On the other hand, with a more positive mindset, or a conscious effort to accept the pain as it is, perhaps its impact can be reduced.

Do you see what I mean?