

Confusion: "The feelings are only two"

Post by "Godfrey" of May 27, 2025 at 1:24 PM

Apologies for lurking; lots going on in my life these days. I just want to toss in the observation that *both* pleasure and pain are guides to choosing and avoiding. We strive for pleasure and consider pain an "evil". But even as we sometimes choose a pain in the service of greater pleasure, even being more aware of our pains can provide us with guidance to greater pleasure.

Complete absence of pain, which is the fullness of pleasure, while it sounds great, is for "the gods". The rest of us may enjoy it from time to time, and the rest of the time it's a goal to strive for.