

# Confusion: "The feelings are only two"

Post by "Kalosyni" of May 28, 2025 at 8:12 AM

## [Quote from Bryan](#)

I think this is typically the case for most people. For me, "clearing the mind" is pleasant before sleep, but when I am awake and ready, then "mind-clearing meditation" feels like intellectual asceticism and it is at this point I will notice the extra sensations you mention.

Thanks [Bryan](#) , I also don't like the idea of "clearing the mind" -- as when you are awake there will always be something there. Better to focus on pleasurable sensations such as focusing on the feeling of the breath in the body (as it goes in and out, making it smooth and deep and allowing the speed of the breath to feel good as needed). Or there is the state of mental flow when engaged in concentration (arts, crafts, etc.) when the mind is engaged and focusing fully while also feeling relaxed (just right) as at the same time one is engaged in the craft. (This is just an aside, had to share 😊).