

# **Sunday November 2, 2025 - Zoom Discussion 12:30 PM EST - Continuation of Discussion of Nature of Pleasure**

**Post by “Raphael Raul” of November 14, 2025 at 9:04 PM**

Thank you, Don, for the link to Flow.

...This is an experience I have often had in drawing and painting: when I start a piece, time passes to my astonishment afterwards. Also, my art students, after two and a half hours of learning and work, say "Already!" when I tell them to stop, and we will present what we have done through the session. Also, many of my art students have mentioned an increase in their ability to concentrate and focus after months of training the eye to see and the hand to render what is seen.

I found this quote below to be to the point.

But I have not experienced the phenomenon of not needing to eat, drink, or sleep.

...[Mihaly Csikszentmihályi](#) and others began researching flow after he became fascinated by artists who would essentially get lost in their work.<sup>[8]</sup> Artists, especially painters, got so immersed in their work that they would disregard their need for food, water, and even sleep. The theory of flow emerged when Csikszentmihályi sought to understand the phenomenon experienced by these artists.