

# **Defense of all mental pleasure and pain being based in the body.**

**Post by “Don” of May 22, 2026 at 4:31 AM**

Nicely done.

The only summary statement I'd offer is that all pleasure had/has to be bodily in the broadest sense since we exist as mind and body as a whole and we experience everything within our a physical existence. There is no mental without a physical body. When I die, I with cease to be because there is no mind without a body to work with.

I think that's what you're saying with much more eloquence, and that's my take in a nutshell.