

# **VS11 - Translation and Commentary: VS 11**

**Post by “Elayne” of March 14, 2020 at 12:15 AM**

Interesting-- I thought he was saying that most people don't do either rest or activity pleasurable, rather than that rest was preferable. For pleasure you would do best to rest or sleep when tired and be active when activity is more pleasurable. People get sore when they sit around all day, and it feels good to take a walk.

A person who doesn't realize pleasure requires getting out of bed in the morning would be in a stupor... a person who doesn't realize pleasure requires taking breaks and also sleeping could get manic. A certain percentage of the population does get hypomania when sleep deprived.

If the person can remember that neither rest nor activity is the main goal but only a means to pleasure, then that person could enjoy both.