Pleasure and Pain

September 12, 2013 By Nicole Lemelle

When I was first diagnosed, I remember learning about MS from textbooks and what I found online. Now I rarely search for information because all I need to know is right in front of me. It is always here. MS is with me when I wake in the morning, when I go to bed at night and all the time in between.

MS sometimes can bring me to my knees. I don't mean from pain. I just mean from the mind and body controlling aspect of the disease. Sometimes it's as if MS has become my husband and I am its dutiful wife. When MS tells me it's time to sleep, I go to sleep. I sit down because MS says it's time to take a break. MS is always telling me what to do. The worst part is when I defy MS by making my own choices or when I refuse to listen, I usually pay the price with crippling symptoms.

There is an idiom that says, "There is no pleasure without pain". Many philosophy scholars have pondered, "If one never knows suffering how can one ever know happiness?"

If it is true that without suffering and pain happiness is not fully appreciated, we with MS must have a blissful future ahead of us.

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http://beta.docker.realhealthmag.com/blog/please-and-pain