

# How to Live in Times of Upheaval: The Categories of Desire

Post by "Titus" of August 9, 2024 at 1:25 AM

## [Quote from Godfrey](#)

At the moment, I haven't got much further than compiling this list. And of course many of the questions will only apply to a particular type of upheaval, and the answers will be different for everyone and in each situation.

I would like to emphasize Cassius' famous phrase: "Don't be a Stoic in disguise!" 😊

The point is not to ask what's in my power and what is beyond my capabilities and to examine everything that comes to my mind according to this procedure. The key is to actually focus on what's important in life, what does have priority and what is established by nature as the foundation of life.

1. everything that natural, either necessary like to stay hydrated or 2. a tasty soft drink derived from that need what one could call not necessary. 3. Not necessary desires which are not to focus on.

I like this classification because it gives positive statements what to pursue. I know there is space for interpretation and to some degree in modern consumer society there is plenty of food, drink and clothing available. But perhaps this is exactly the trap: Thinking the easy things don't matter because they seem to be too easy to achieve!

In your case the message could be: Focus on a healthy diet, focus on your corporeal well-being, focus on your social interactions. Strengthen the foundation. So you don't get distressed by what's going on on the screens. The direct response you receive is that you (hopefully!) have plenty of food, drink and shelter as well as friends available and that is it what is first and what matters foremost.

This is to experience in our everyday lives. As the natural desires usually give a direct response related to our senses, hopefully this can be a strategy to go skip the abstract fears in one's head.

(I've just mentioned the very essentials of life, but this doesn't mean to not focus on other pleasurable experiences. This is just a personal preference.)

Fill yourself up with the fullness of pleasure, so the emptiness of the world cannot enter!