

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

Post by “Godfrey” of August 9, 2024 at 12:02 PM

[Titus](#) it's interesting that you mention the Stoic "what's in my power." As I was thinking about the desires in my first post above, that kept popping into my head. Much to my discomfort! Thanks for reminding me of the benefits of the categories, with which I firmly agree.

But there comes a point where the fullness of pleasure is elusive, and not due to imaginary fears or social media. And even when our basic needs are safely met and the flowers smell nice and the zip lines are well greased. Life is full of fears and disturbances beyond the gods and the afterlife and I think Epicurus was addressing those as well. Sometimes simple pleasures and having met our needs is sufficient for the fullness of pleasure. Sometimes additional reasoning in the midst of upheaval (of whatever type) is called for.

[PD16](#) *Chance steals only a bit into the life of a wise person: for throughout the complete span of his life the greatest and most important matters have been, are, and will be directed by the power of reason.* (St-Andre)