

# Maslow's hierarchy of needs

Post by “Kalosyni” of November 27, 2024 at 10:25 AM

More thoughts, and still thinking about creating an Epicurean hierarchy or wheel.

From the Letter to Menoecus:

"Third, keep in mind that some desires are natural whereas others are groundless; that among the natural desires some are natural and necessary whereas others are merely natural; and that **among the necessary desires some are necessary for happiness, some for physical health, and some for life itself**. The steady contemplation of these facts enables you to understand everything that you accept or reject in terms of the health of the body and the **serenity** of the soul — since that is the goal of a completely **happy** life." (Peter Saint Andre translation).

-----> "serene" - calm and free from agitation, distress, fretting, restlessness, or irritability

-----> "happy" - pleased and free from sadness, disappointment, hopelessness, or lethargy

-----> The word "necessary" can be thought of as a human need.

We also see from the [Principal Doctrines](#):

[PD29](#) "Among desires, some are natural and necessary, some are natural and unnecessary, and some are unnatural and unnecessary (arising instead from groundless opinion)."

[PD30](#) "Among natural desires, those that do not bring pain when unfulfilled and that require intense exertion arise from groundless opinion; and such desires fail to be stamped out not by nature but because of the groundless opinions of humankind."

-----> **necessary desires** are relieved by nature -- desires that arise because of our animal nature can be relieved by simple and natural means.

-----> but **unnecessary desires** can't be relieved by nature -- desires invented because of the consequences of **wealth** (the desire for continuous variations of sensation), **power** (the desire for protection by trying to find security against political violence or murder or by making unsavory alliances with unwise/tyrants against a greater enemy), or **status** (the desire to be admired or worshipped)

[PD27](#) says: "Of all the things that wisdom provides for the complete happiness of one's entire life, by far the greatest is friendship." And in [PD28](#) it says: "...security amidst the limited number of dreadful things is most easily achieved through friendship."

-----> Friendship should be included in an Epicurean wheel of needs.