

Desires necessary for Happiness.

Post by "Kalosyni" of August 3, 2026 at 1:50 PM

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My general understanding is as follows: Desires necessary for Happiness are those which allow us to have confidence about the future, and allow us to have confidence we can live well throughout the greatest part of our life.

With this in mind some desires i think can be thought to be necessary for Happiness are as follows.

Let's start with one generally everyone agrees on, that of Friendship

Friendship.

As the Principle Doctrines tell us.

27. Of all the means which are procured by wisdom to ensure happiness throughout the whole of life, by far the most important is the acquisition of friends.

28. The same conviction which inspires confidence that nothing we have to fear is eternal or even of long duration, also enables us to see that even in our limited conditions of life nothing enhances our security so much as friendship.

Here Friendship, generally agreed by everyone to be among the desires necessary for happiness is thought to be necessary because it allows unparalleled security throughout our life, and ensures happiness throughout the whole of our life.

All of our friends give us the greatest security as the Principle Doctrines above tell us, and it's really the confidence that they will help us as opposed to their actual assistance as VS34 tells us "We do not so much need the help of our friends as the confidence of their help in need.

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Must add: Good friends are also conducive toward "good spirits", and this would be a common sense way of understanding the desires that lead to happiness. It is from pleasure we begin, and to pleasure which we arrive.