

Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by “Godfrey” of July 20, 2022 at 12:41 AM

Another way to approach the problem is through the categories of desires. The problem laid out in post #1 involves all the categories: natural and necessary, natural and unnecessary, and unnatural. The problem is to break down the problem and see which parts you would align with which categories. Pleasure as well as pain is involved in the situation; in looking at them and analyzing the various feelings as results of particular categories you might find some clarity.

Without assigning them to categories, because that would reflect my values and not yours, here are some of the pieces:

- desire for financial security
- desire for a massive amount of financial security
- desire to manage your own finances
- desire to keep up with financial news
- desire to keep up with geopolitical news

There are probably more moving parts than this, but you get the idea. For each desire I've listed, plus any others involved, think deeply as to whether it's a need (natural and necessary), a want (natural and unnecessary), or an unhealthy obsession (unnatural and unnecessary). [Note: I borrowed this language from Nate's excellent introduction to his compilation of Key Doctrines.] This is a method to figure out how to align your actions with your values and with the end goal of pleasure.