

Thoughts on Categorizing Desires: Natural, Necessary, and Vain

Post by “Kalosyni” of October 7, 2022 at 9:55 AM

A recent [thread diving deeper into Principle Doctrines 26 and 30](#), had me thinking again to investigate if it is possible to categorize desires, so here is my attempt (suggest changes or additions please):

Natural and necessary for health of the body	Necessary for happiness and health of the mind	Vain and unnecessary
food/water	confidence in the means for future food/security	Insisting that one must have an exact type of food or other good which is unobtainable, dangerous, or very difficult to procure
shelter/clothing	self-sufficiency/liberty	choices which lead to a life of greater pains
human interaction (safety and procurement of necessities)	good friendship	choices which deplete funds needed for future security
exercise	mental engagement -- thinking, learning, and memory	
sexual release	relief from fear of death and the gods pleasant and pleasurable engagement of the senses	