

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

Post by “Kalosyni” of August 6, 2024 at 9:15 AM

This is an interesting line of exploration [Godfrey](#) which may be useful in some situations. My only hesitation is that that I am thinking that certain things should be examined from the stance of whether or not they are realistic and based in reality, rather than labeling them as an "incorrect" desire (unnatural or unnecessary).

When one clearly see things for what they are -- and when one realizes that what they are wanting is not realistic or may have painful consequences -- then the desire for those things can evaporate/dissipate on its own.

[Quote from Godfrey](#)

SYNOPSIS OF THE CATEGORIES OF DESIRE:

Natural and necessary desires: a) some for happiness; b) some for physical health; c) some for life itself

Natural and unnecessary desires: a) due to groundless opinion; b) don't bring pain if unfulfilled; c) require intense exertion

Unnatural and unnecessary desires: a) due to groundless opinion; b) don't bring pain if unfulfilled; c) hard to achieve; 4) seem to produce harm

As far as I understand, only **unnatural** would be defined as due to groundless opinion.

So the way I would define "natural and unnecessary" - would be this: a) brings more pain than pleasure; b) produces harm; c) difficult to obtain; d) and, also at the same time as any of the previous three, it doesn't bring pain if unfulfilled.

There is a lot of interesting stuff here that may be useful, and I will linger over the list of questions for a little while longer, and then may say more.