

# Why pursue unnecessary desires?

Post by "Kalosyni" of May 3, 2025 at 9:36 AM

[Rolf](#) A few thoughts (a little late)...

You would avoid pursuing "unnatural and unnecessary" pleasures such as power, fame, and great wealth because they are very difficult to obtain and the pursuit of them comes with great troubles and pains and the attainment of them also results in great troubles and pains.

As for "natural and necessary" (things which are necessary for survival and living a good and happy life - food, water, shelter, safety, clothing, friends, exercise, study of philosophy etc.) -- these should hopefully come about fairly easily and if they don't we buckle down and put in some effort and tolerate short term discomfort so that these will be satisfied).

And as for "natural and unnecessary" (things which are like "icing on the cake" of life - great variations of sensations and "luxuries") -- we realize that these are not the main focus of life but we do not shun them when they are readily available and easy to get, and knowing that we can best enjoy "luxuries/luxurious sensations" not through continuous enjoyment, but intermittently.

And especially with regard to "natural and unnecessary", this Vatican Saying:

VS 71: "Ask this question of every desire: what will happen to me if the object of desire is achieved, and what if not?"

And we wouldn't invest a great amount of effort for obtaining the "natural and unnecessary" pleasures especially if it takes away time from friendships and all the necessary things for a good and happy life. (It is important to take note that we see that many people in the modern world put a lot of mental investment into thoughts of pursuing variations of sensation, so it seems like an acceptable thing to do, when in reality they are ignoring other important areas of their life).

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Edit note, 1:14 pm ET - I am thinking further that another way to think about "natural and unnecessary" is the desire for things which are luxurious AND cost beyond one's means. And the purpose of excluding these is so that you can enjoy the satisfaction of what is easily at hand (you aren't endlessly longing for things beyond your means) and also to support a lifestyle of "self-sufficiency" (no need to sell your soul to the "devil" (a king or high ranking person, or in modern times climbing a corporate ladder) in an attempt to get luxurious things.