

# Charles' Personal Outline

Post by "Hiram" of September 4, 2019 at 2:17 PM

## [Quote from Charles Edwins](#)

1. In addition, you must resist and avoid the desires that are both; natural and unnecessary and unnatural and unnecessary.
1. However, there may be some leniency towards desires that are natural and unnecessary such as having a healthy sex life or going out with friends to a nicer restaurant.

Can I ask why you feel we must "resist and AVOID" pleasures that are natural, yet unnecessary? I am including PD 26 and 30 for reference at the bottom, but concerning "resist and avoid", the founders of Epicureanism argued that **we must sternly reject only HARMFUL desires**, not unnecessary ones (VS 21).

21. We must not force Nature but persuade her. We shall persuade her if we satisfy the necessary desires and also those bodily desires that do not harm us while sternly rejecting those that are harmful.

In other words, it is not in our nature to shun pleasure (PD 20). We should enjoy them, but do so intelligently.

## Quote

**26.** All such desires as lead to no pain when they remain ungratified are unnecessary, and the longing is easily got rid of, when the thing desired is difficult to procure or when the desires seem likely to produce harm.

**30.** Those natural desires which entail no pain when not gratified, though their objects are vehemently pursued, are also due to illusory opinion; and when they are not got rid of, it is not because of their own nature, but because of the person's illusory opinion.