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Spiritual GPS Service
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4th house: our happiness, inner peace
8th house: our fears, secrets
12th house: losing our Self, freedom

Inner peace comes when we deal with our inner fears, transform ourselves.(8H)

And that transformation comes when we lose our illusions about our current Idea of Self (12H)

Moksha houses (4th, 8th & 12th house) drive us towards seeking that Ultimate freedom.

Also, 11th house (fulfillment of our desires) is 8th house from the 4th house (happiness)

In theory, 11th house (our desires) are an obstacle to our happiness, our inner peace.

So astrologically,

Excessive desires cause suffering, disturb our peace.