

I'm not a bot



Things in our life are either in our power or outside of it, we have to deal with them both as a slave and as a free man. ===== Aiming for great things like happiness and freedom means not being carried away by the desire for lesser things that can distract us from our goals. We must first quit some things and postpone the rest in order to achieve these great things. We have to be able to say "You are just an appearance, not the thing you seem to be" when we see something harsh and examine it according to the rules we set for ourselves. Following your desire can give you what you want, but following your aversion can also make you unhappy if you're averse to things that are outside of our control like sickness or death. Therefore, we should remove aversion from things that are not in our power and redirect it towards things that go against the natural use of our abilities which are within our control.The key to living in harmony with nature lies in understanding the true source of our troubles. It is not external events or objects themselves, but rather our own thoughts and principles that disturb us. # A Gentle Approach to Life's Delights We must learn to appreciate things without becoming overly attached. For instance, if you have a fondness for ceramic cups, remember that it's only the general category of ceramics that brings you joy. If one breaks, you won't be disturbed. Similarly, when showing affection to loved ones, acknowledge that your love is for human connections in general. # Being Mindful in Daily Activities As you go about any action, remind yourself what nature the activity is. Picture the common outcomes associated with it, such as people splashing water or using abusive language while bathing. This helps you approach each task in a way that aligns with nature's principles. # The Root of Disturbance Men are disturbed by their own thoughts and notions about things, not by the things themselves. Take death for example; if Socrates wasn't terrified of it, perhaps others shouldn't be either. When hindered or troubled, acknowledge that your distress lies within yourself and your thoughts, rather than in external circumstances. # Pride and Personal Responsibility Don't take pride in something that isn't truly yours. Your own reaction to appearances is what you can be proud of. By behaving in accordance with nature's principles in response to how things appear, you'll be proud for the right reasons. # Prioritizing Focus on Life's Journey Life is like being at sea; your focus should be on the ship (your life journey) and waiting for the captain's call. Don't get sidetracked by distractions like an onion or shellfish, but instead, keep moving forward, leaving them behind. # Embracing Impermanence Don't demand that things happen as you wish; instead, accept them as they do. This mindset will help you navigate life's challenges more effectively. # Seeing Challenges as Opportunities Every accident presents a chance to use your abilities in a new way. You may discover self-restraint with regards to desire or fortitude in the face of pain. As you develop these qualities, the appearances of things won't disturb you. # A Shift in Perspective Finally, when faced with loss, don't say "I have lost it"; instead, say "I have returned it." Your child may be gone, but their memory remains. Similarly, your estate's loss is a return to what truly matters - the life you've lived and the experiences you've had. # The Power of Perspective Ultimately, it's not who assigns value to things that matters, but rather how we perceive them ourselves. By adopting this perspective, you'll find peace in the midst of life's challenges.Be like a traveler at a hotel. Don't view your possession as yours, just like how you'd treat something borrowed from someone else. -----

----- If you want to improve yourself, don't accept excuses like "I'll starve myself and avoid problems" or "If I don't correct my servant, he will be bad." It's better to die with no money than live with anxiety. Similarly, it's better for your servant to be unhappy than for you to be so. Start by noticing small things, like a spill of oil or a glass of wine being stolen. Tell yourself that this is the price you pay for inner peace and calmness. -----

----- If you want to improve yourself, be willing to be seen as foolish or stupid in front of others. Don't pretend to know more than you do, and even if people think highly of you, don't trust your own judgment. ----- To be free, you must wish nothing from others. Whoever wants to be in control should exercise their willpower over things they can influence. ----- In life, behave like you would at a dinner party. If something is offered to you, take it with moderation. Don't stop it if it passes by, and don't stretch your desires when it's not yet yours. ----- By doing so, you'll be worthy of sharing in the feasts of the gods. Even if you reject what's being offered, you'll still gain an advantage. ----- When someone is crying because their child has left or died, don't get caught up in their emotions. Instead, distinguish between their judgment and your own thoughts. ----- You're just an actor in a drama created by the author. Play your role naturally, without trying to be something you're not. This is what matters, not choosing your character. -----

----- When a raven croaks badly, don't rush away from it. Instead, focus on what's happening and remind yourself that omens are just lucky if you choose them to be so. ----- If you enter no combat where you can control the outcome, you'll be unconquerable. When you see someone respected or powerful, don't get caught up in their appearance of happiness; instead, focus on your own inner peace. When it comes to things within your own sphere of influence, envy and emulation are rendered irrelevant. However, when it comes to matters outside your control, a certain level of disdain is necessary to maintain your autonomy. Try to resist the urge to aspire to positions of power or prestige, but instead aim for true freedom. The key to this lies in cultivating an attitude of contempt towards things that fall beyond your own agency. Remember that when someone provokes you, it's often not the other person's intention that's the problem, but rather their underlying principle. Take a moment to pause and collect yourself before reacting, as this will give you the time and space to make a more informed decision. Confronting death and exile can be a powerful tool for keeping one's perspective in check. Make sure to regularly remind yourself of these inevitables, especially when it comes to death, as this will help you avoid getting caught up in futile desires or excessive coveting. If you're genuinely committed to the pursuit of philosophy, be prepared to face ridicule and skepticism from others. However, maintain your conviction and stay true to your values, even if that means going against the grain. Those who initially mock you may eventually come to admire you for standing by your principles. When it comes to external matters, be cautious not to sacrifice your own integrity in pursuit of pleasing others. Instead, focus on being a philosopher at heart, and let that shine through in your actions and demeanor. Don't let the prospect of "dishonor" or being unimportant hold you back from pursuing your goals. Dishonor is not an inherent quality of something, but rather a personal choice. Remember that true freedom lies in the things within your control, and don't be swayed by false promises or superficial appearances. When it comes to receiving recognition or accolades from others, ask yourself whether those things are truly worth sacrificing your own character or values for. In most cases, the answer will be no, and it's better to focus on cultivating a strong sense of self rather than seeking external validation.To attain greatness, one must not only receive accolades and admiration but also pay the price for them. The value of a supper is fifty cents, yet if someone takes it without paying, they are no better off than not having received it. Similarly, attendance at an event should be paid for in full, as not doing so indicates insatiable and shallow intentions. The natural order can teach us valuable lessons from the things we don't distinguish between. For example, when a neighbor's child breaks a cup, we might say, "Such things happen." We must apply this same understanding to our own experiences with loss or hardship. The will of nature is not selective; if someone else's cup is broken, we should be equally affected. The purpose of something is not for it to be missed; the existence of evil serves no greater purpose. If someone gave you their body, you would feel anger and resentment. Yet, when your mind is attacked, do you not also hand over your most precious asset? When embarking on any endeavor, consider the consequences before acting. Do not rush into a situation without thinking about what comes after; otherwise, you may be left with nothing but regret. To become great in any field, one must examine their own nature and limitations. If someone wishes to be a wrestler, they should first assess their physical abilities. Similarly, if you aspire to be a philosopher or engage in intellectual pursuits, consider whether your current nature is equipped for such endeavors. You cannot eat, drink, and express anger without being aware of the consequences of such actions; watch yourself, labor to improve, and strive to overcome certain weaknesses. -----

----- piety toward the gods is based on having the right opinions about them, their nature, and their role in governing the universe. To practice piety, one must withdraw from things beyond their control and focus on what they can influence. This includes acknowledging that the causes of good and evil are within our control. When considering actions that involve others, we should think about how our own behavior affects them, rather than focusing on their faults. We also need to be aware of our own desires and aversions, as these can cloud our judgment and lead to negative outcomes. Offering sacrifices and libations is a way to show respect for the gods, but it must be done in a pure and sincere manner. When seeking divination, we should approach with confidence and humility, recognizing that every event is indifferent and outside of our control. By understanding this, we can make informed decisions and avoid being swayed by emotions or external influences. It's also important to remember the role of reason and other arts in helping us navigate life's challenges. When faced with sharing danger, it is not necessary to consult an oracle about whether or not to do so. However, our inner reason directs us towards the greater good, and we should consider what actions will align with that purpose. It is prudent to cultivate one's character and behavior, which can be observed in both solitude and company. Generally speaking, one should remain silent or speak only when necessary. In certain situations, a brief exchange of ideas may occur, but it is best to avoid discussing common topics such as gladiators, horse races, or social gatherings. Conversational skills can be developed by observing how others behave, particularly in relation to those in positions of power. To navigate these interactions effectively, one should consider the actions and intentions of others, including their potential reactions to your own words and behaviors. It is also important to avoid drawing attention to oneself through excessive laughter or boasting. Public spectacles can be avoided unless absolutely necessary, and when attending them, it is crucial to maintain a neutral demeanor rather than showing favoritism towards any particular individual or outcome. Moreover, individuals should refrain from engaging in idle conversations about their personal experiences or adventures. Such discussions can be off-putting to others and may lead to a loss of respect. By avoiding provocative topics, one can cultivate a more dignified and respectable atmosphere. When interacting with those in power, it is essential to remain composed and respectful, even if faced with rejection or indifference. One should strive to maintain their own integrity and avoid making excuses or justifying behavior that may be perceived as questionable. By adopting these strategies, individuals can develop the skills necessary to navigate complex social situations with greater ease and respect for others.A prudent approach to life involves being aware of the subtle art of rejection and the importance of self-control. When faced with advances or unwanted attention, it is essential to establish boundaries by being vocal about your disinterest through non-verbal cues like blushing, silence, or a disapproving look. # Taking a Step Back When considering a pleasure, it's crucial to exercise patience and consider both the immediate gratification and potential long-term consequences. Weighing these factors will help you make an informed decision that aligns with your values. # Acting with Integrity One should never shy away from taking action when they know it is right, even if others may judge them harshly. Instead of being fearful of criticism, focus on the positive reinforcement you'll receive for making a principled decision. # Etiquette at Social Gatherings When dining with others, remember that the value of your presence extends beyond mere sustenance; it also involves good behavior and respect for those who host the gathering. Be mindful of your actions and words, as they can impact the social dynamic. # Personal Boundaries Avoid assuming roles or responsibilities beyond your capabilities, as this can lead to feelings of inadequacy and loss of self-respect. Instead, focus on maintaining a healthy balance between personal growth and self-care. # Minimal Behavior Be aware of your actions' impact on others, particularly when it comes to behavior that may be perceived as negative or hurtful. Recognize that the other person's intentions often stem from their own misconceptions rather than a genuine concern for you. # Brothers in Arms When dealing with an unjust brother, resist the urge to latch onto the issue of injustice, but instead focus on maintaining a familial bond by recognizing your shared upbringing and relationship. # A Word of Caution Be wary of statements that seem too good (or bad) to be true, as they often rely on superficial connections rather than substance. Approach such claims with skepticism and evaluate them based on their inherent value rather than external appearances. -----

-----Never boast about your supposed superiority over others, as if your property or style makes you better than them. Instead, focus on cultivating inner qualities that truly set you apart. Be cautious not to immediately praise or criticize the actions of others without fully understanding their reasoning. Remember that true wisdom lies in acting in accordance with philosophical principles, rather than merely talking about them. When engaged in conversations with those who may not share your intellectual pursuits, remain silent and avoid displaying your knowledge like a show-off. This is because there's a risk of vomiting forth ideas you haven't fully digested, which can lead to misunderstandings and conflict. If someone mocks your lack of understanding, take it as a sign that you're on the right path, just as sheep do when they inwardly digest their food without showing off their full bellies. By keeping your actions in line with philosophical teachings, you'll demonstrate true wisdom.live your life as if these principles are laws that you cannot break. don't worry about what others think of you, it's none of your business. when will you start thinking yourself worthy of personal growth and reason? you've learned the philosophical concepts, now put them into practice. you're no longer a child, so stop procrastinating and start improving yourself. set aside time to focus on your own development, otherwise you'll remain ordinary for the rest of your life. always choose what is best as if it's an unbreakable law. when faced with challenges or temptations, remember that this moment is your chance to grow, just like in a competition where you must give your all. don't let fear hold you back, and instead focus on making progress, even small steps forward are better than standing still. epictetus' teachings emphasize the importance of living according to reason, though he was a great philosopher, we should strive to be like him by focusing on our own personal growth and development. remember that true wisdom comes from understanding and following the laws of nature. In the ancient Greek philosophical text, *Ἐπιχαιρῶν* (Enkheiridion Epiktētou), compiled by Arrian in the 2nd century, Stoic ethical advice is presented as a concise manual. Unlike the Discourses of Epictetus, this compilation focuses on practical applications rather than metaphysical concepts. The Enchiridion's emphasis lies in helping individuals achieve mental freedom and happiness despite their circumstances. The term "Enchiridion" translates to "in hand" or "ready to hand," implying a handy guide for daily life. This text has undergone significant transformations over the centuries, including translations into Latin and European languages during the 15th century. Its popularity peaked in the 17th century alongside the Neostoicism movement, the suffering is such that our inner sense of mastery and freedom is overwhelmed, a constant awareness is needed, and we should never relax our attention to our reason, because it is the judgments, not things, that disturb us. what upsets people is not the things themselves, but their judgments about them. for example, "death is nothing dreadful" — chapter five. reason is the decisive principle in everything, thus, we must exercise our power of assent over impressions and wish for nothing, nor avoid anything that is outside our control. the Enchiridion does not fully express the more amiable aspects of Epictetus, which can be found in the Discourses. this reflects the nature of the compilation. some people believe that the Enchiridion is a set of rules to follow, while others argue that it contains arguments and articulates concepts that develop progressively throughout the work. the work is based on the idea that the wise person, with the aid of philosophy, can reap benefit from every experience in life, with proper training, the student can flourish in adverse situations as well as favorable ones. the human spirit has capacities that are yet undeveloped but are for our good to develop, thus, the book is a manual on how to make progress towards what is necessary and sufficient for happiness. Epictetus uses vivid imagery and analogies, such as life depicted as a ship's voyage or an inn, he also takes examples from everyday life, including a broken jug or a trip to the baths, the Enchiridion maintained its authority for many centuries, both among pagans and Christians. in the 6th century, Simplicius of Cilicia wrote a huge commentary on the Enchiridion, which is more than ten times the bulk of the original text. Simplicius' commentary offers a distinctly Platonist vision of the world, one that is often at odds with the Stoic content of the Enchiridion, sometimes his commentary exceeds the scope of a commentary; thus, his commentary on Enchiridion 27 becomes a refutation of Manichaeism. the Enchiridion was adapted three times by Greek Christian writers, the oldest manuscript, Paraphrasis Christiana, dates to the 10th century, another manuscript, falsely ascribed to Nilus, dates to the 11th century, a third manuscript, Vaticanus gr. 2231, dates to the 14th century, these guides served as a rule and guide for monastic life. the most obvious changes are in the use of proper names, such as changing Socrates to Paul. all three texts follow the Enchiridion quite closely, although the Par manuscript is more heavily modified, over one hundred manuscripts of the Enchiridion survive, but the oldest extant manuscripts date from the 14th century, the oldest Christianised ones date from the 10th and 11th centuries, perhaps indicating the Byzantine world's preference for the Christian versions.The Enchiridion has witnessed a multitude of editions and translations throughout history. Its popularity peaked between the years 1550 and 1750, during which it was rendered into most European languages, including several versions in English, French, and German. The initial English rendition was crafted by James Sandford in 1567, based on a French translation, followed by John Healey's direct translation from the Greek in 1610. Remarkably, the text was even partially translated into Chinese by the Jesuit missionary Matteo Ricci. The rise in its prominence was closely tied to the Neostoicism movement, initiated by Justus Lipsius in the 16th century. Another prominent Neostoic, Guillaume du Vair, translated the work into French in 1586, popularizing it through his publication, *La Philosophie morale des Stoïques*. In the 17th century, the German monk Matthias Mittner compiled a guide on mental serenity for the Carthusian Order, drawing inspiration from the first thirty-five precepts of the Enchiridion. The text remained a staple in the libraries of notable figures such as Benjamin Franklin and Thomas Jefferson during the 18th century. Simplicius' commentary on the work also gained traction, with an English translation by George Stanhope in 1694 experiencing multiple print runs. Edward Gibbon highlighted its enduring value, contrasting it with commentaries on Aristotle. The current division into fifty-three chapters was first introduced by Johann Schweighäuser in 1798, while Gerard Boter's 1999 critical edition preserved this structure but further divided specific chapters. Walt Whitman, who encountered the Enchiridion at sixteen, regarded it as a profound and cherished text throughout his life. The text's historical significance is further underscored by the existence of 59 extant manuscripts, alongside additional commentaries and Christianized versions, as meticulously cataloged by Boter.Epictetus's Encheiridion: A Guide to Stoic Ethics ===== Epictetus's Encheiridion is a foundational text of Stoic philosophy, offering insights into the nature of freedom, the human condition, and the path to inner strength. Written by Epictetus, a former slave who became a prominent philosopher in ancient Greece, this treatise has inspired countless individuals throughout history. The importance of Imer Strength Epictetus emphasizes the importance of cultivating inner strength, which he believes is essential for navigating the challenges of life. He advocates for the development of self-control, resilience, and wisdom, arguing that these qualities are necessary for achieving true freedom and happiness. The Power of Choice One of the central themes of the Encheiridion is the power of choice. Epictetus teaches that individuals have the ability to choose their thoughts, words, and actions, and that this choice is the key to living a life of purpose and meaning. The Illusion of External Events Epictetus also emphasizes the importance of recognizing the illusion of external events. He argues that external events are beyond our control, and that our focus should be on what we can control – our thoughts, words, and actions. The Stoic Way of Life The Encheiridion offers a practical guide to the Stoic way of life, which emphasizes living in accordance with nature and cultivating a sense of inner peace and contentment. Epictetus encourages readers to live simply, to avoid unnecessary desires and fears, and to focus on what truly matters in life. Conclusion Epictetus's Encheiridion remains a powerful and thought-provoking text that continues to inspire individuals seeking a deeper understanding of Stoic philosophy and the human condition. Its timeless insights into the nature of freedom, the human condition, and the path to inner strength make it a must-read for anyone seeking to cultivate a stronger, wiser, and more compassionate self.

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