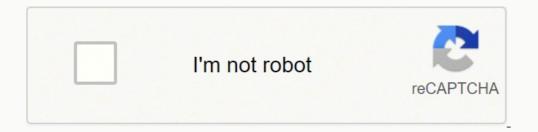
The obstacle is the way quotes marcus aurelius

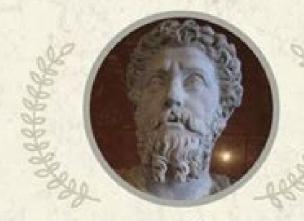




The obstacle is the way quotes marcus aurelius



THE IMPEDIMENT TO **ACTION ADVANCES** ACTION. WHAT STANDS IN THE WAY BECOMES THE WAY. ;;

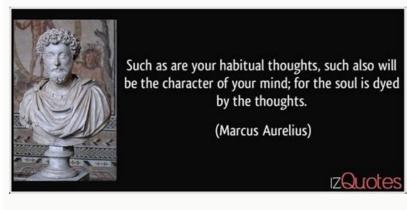


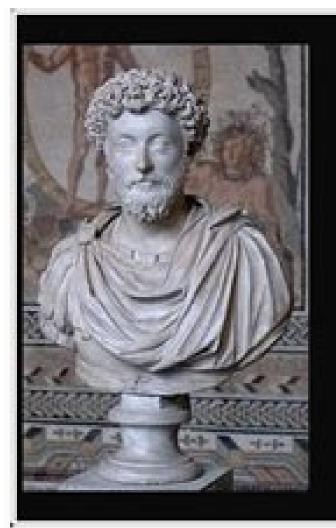


sometimes the right path is not always the easiest one." grandmother willow, pocahontas

whatmarielsaid.tumbir.com

zQuotes





Every man's life lies within the present; for the past is spent and done with, and the future is uncertain.

(Marcus Aurelius)



Hello everyone, I am a little confused by two quotes from Marco Aurelio and I hope someone can explain how these two are consistent with each other: In the Meditation Book 4-51: "Always take the shortcut; and that's the rational one. Therefore, decide and do everything according to the healthiest reason." Book 5-20: "... The mind adapts and makes its and makes to make sense yet. I hope someone can clarify it. Thanks Source: Two different translations from one of my favorite passages (and many others) of the Aurelio Framework Meditations (Book 5.20): From a translation by George Long: In one aspect man is the closest thing to me, while I must do good to men and bear them. But to the extent that some men get obstacles to my actions, man becomes one of the indifferent things for me, nothing less than the sun, the wind or a wild beast. Now it is true that these can prevent my action, but they are not impediments to my affections and disposition, that they have the power to act conditionally and change: because the mind converts and changes every obstacle to its activity into a help; and so what is an obstacle becomes a progress for an act; and an obstacle in the way helps us in this way. From the translation of Gregory Hays: In a sense, people are our occupation. Our job is to make them good and to endure them. But when they obstruct our own tasks, they become irrelevant to us, like the sun, the wind, the animals. Our actions can be prevented by them, but there can be no impedimentOur intentions or our provisions. Because we can accommodate and adapt us. The mind mind and makes its own purposes the obstacle to our performance. The impediment to action progresses in action. What stands in the way becomes the way. And a supplementary passage to the preceding occurs later in the Meditations (Book 8.32): From the long translation: It is your duty to order your life well in each act; and if every act fulfills its duty, to the extent possible, it is satisfied; and no one can hinder them so that every act does not fulfill its duty. But something external will stand in the way. Nothing will stand in the way of his righteous, sober and thoughtful performance. "But perhaps some other active power will be hindered," Well, but acquitting in the obstacle and being happy to transfer your efforts to what is allowed, another opportunity of action is immediately put before you instead of what was hindered, and one that will adapt to this order that we are talking about. And the Hays translation: You have to gather your life yourself, action by action. And be satisfied if everyone achieves their goal, as far as possible. No one can stop that from happening. - But there are external obstacles... Do not behave with justice, self-control and good sense. - Well, but maybe a more concrete action. But if you accept the obstacle and work with what they give you, an alternative will present itself, another piece of what you're trying to gather. Action by action. Photo by Simone Savoldi in UnsplashThe first time I learned about Marcus Aurelius was probably the same time that most people became familiar with his name — after seeing Gladiator. In the film, he is portrayed as a wise statesman who knows that his reign is coming to an end... Page 2Photo by Simone Savoldi in Unsplash The first time I learned about Marcus Aurelius was probably the same time that most people became familiar with his name, after seeing Gladiator. In the film, it is presented aswise statesman who knows his his It is coming to an end ... Obtain our daily appointments. Subscribe to Maxime LagacAf A © are 510 of the best quotes and images of Marcus Aurelius. I hope you find the inspiration and wisdom you need to maintain calm and peaceful, as it happens in your life. Adisfruta! The best response to anger is silence. Marcus Aureliusthe Más We value things out of our control, less control we have. Marcus Aureliusit is not events that disturb people, they are their judgments about them. Marcus Aureliust lives a good life: we have the potential of it. If we can learn to be indifferent to what no difference makes. Marcus Aureliust lives a good life: we have the potential of it. If we can learn to be indifferent to what no difference makes. harmony. Marcus Aureliusthe Alma woosted with the color of his thoughts. Marcus Aurelius receives without prey, freeless liberation. Marcus Aureliusryerjecer his sense of injuries and the injury in Sa disappears. Marcus Aureliuseach of us needs what nature gives it. Marcus Aureliuseach of us needs what nature gives it. Marcus Aureliuseach of us needs what nature gives it. Marcus Aureliuseach of us needs what nature gives it. Marcus Aureliuseach of us needs what nature gives it. Marcus Aureliuseach of us needs what nature gives it. Marcus Aureliuseach of us needs what nature gives it. are you small, do you play a role in it? Marcus Aurelius nothing natural is bad. Marcus Aurelius and o, when someone is well-founded in life, they should not have to look out of themselves for approval. Marcus Aurelius Aurelius a Rock is thrown in the air. She does not lose anything when she fell, she did not gain anything increasing. Marcus Aureliusstick to what is in front of you, idea, action, expression. Marcus Aureliusstick to what is in front of you, idea, action, expression. quotes and authors: stoicism, adversity, Buddha Here is one of my most recommended books: Meditations: A New Translation (affiliate link) Quick Facts Birth name: Marcus Aurelius Antoninus Place: Rome, Italy April 26, 121, March 17, 180 (ed 58) Occupation: Roman emperor More facts from Marcus Aurelius (Wikipedia page) Marcus Aurelius Aurelius Quotes Video Skip to the table of contents 18 Quotes from Marcus Aurelius (For strength and character) Best Quotes from Marcus Aurelius Skip to the table of contents The first step: Don't worry I'm Nature controls everything. Click the tweet The second step: Focus on what you need to do. Fix your eyes. Remember that your job is to be a good human being; remember what the nature of people demands. Then do it, without hesitation, and speak the truth as you see it. But with kindness. With humility. No hypocrisy. Don't you dare complain... Not even for you. Do not be disturbed, for all things are according to the nature of the universal; and in a short time you will be nobody and nowhere True good fortune is what you do for yourself. Good fortune: good actions. Let your mind not run over what you already have. The objective judgment, now, at this very moment. Selfless action, now, at this very moment. Accept, now, at this very moment. That's all you need. How ridiculous and so strange to be surprised by anything that happens in life. You are subject to pain, fear, jealousy, anger and inconsistency. That is the real reason why you must admit that you are not wise. Almost nothing material is necessary for a happy life, because the one who has understood existence. Click the tweet For God's sake, stop honoring outsiders, stop becoming the tool of mere matter, or of people who provide or deny you such material things. As the same fire assumes different forms when Man, when he has done a good deed, does not call others to come and see, but moves on to another deed, as the vine goes on to produce the grapes again in its own time. Is any man afraid of change? What can happen without change? So, what is more enjoyable or more suitable to universal nature? And can you take a hot bath unless the food changes? And can you take a hot bath unless you change is the same thing, and equally necessary for the universal nature? Receive without attachment. When you have assumed these names, "good, modest, truthful, rational, even-minded, and magnanimous", be careful not to change them; and if you lose them, quickly return to them. I have often wondered how it is that every man loves himself more than all other men, but yet he values his own opinions of himself less than those of others. Be content with what you are, and be ready to let it go. Click to TweetConsider that soon you will be nobody or anywhere, and there will not be any of the things you see now, or any of the things you are living now. For all things are formed by nature to change, to change, to change and to perish, so that there may be other things in continuous succession. In a word, if there is a god, all is well; and if chance rules, don't let him rule you. So I look for the best and I'm prepared for the opposite. Treat everything that happens as something completely natural, not new or difficult to treat, but familiar and easy. Leave. Part 2. Marcus Aurelius Go to the table of You have power over your mind – not out of events. Do this, and you'll find strength. Click on the tweet Very little is needed to make a happy life; everything is within yourself, in your way of thinking. I escaped anxiety today. Or not, I dismissed it, because it was within me, in my own perceptions - not out. If it's not true, don't. binds you, and love the people with whom the destination meets you, but do it with all your heart. Trust the present. Straightened. When you get up in the morning, think about what privilege it is to be alive - breathe, think, enjoy, love. Whatever happens to him has been waiting for it to happen from the beginning of time. What is not good for bee-hive cannot be good for bees. Happily living is an inner power of the soul. You can commit injustices without doing anything. Don't waste more time arguing about what a good man should fear, but he must fear never begin to live. Short Marcus Aurelius quotes Go to the table of contents One clue, the short Marcus Aurelius quotes, says and thinks for his bio, social state, self-talking, signs, posters, wallpapers, wallpapers. Someone despises me. That's your problem. Click tweetFeature and self-control. (What Marcus learned from his grandfather Verus) (See also: 8 easy ways to increase self-control, americanexpress.com) Integrity and holiness. (What Marcus learned from his father) Accept without arrogance, let her go with indifference. Each day provides your own gifts. Anger can't be dishonest. Nothing must be done without a purpose. Even the smallest must be Give yourself a gift: the present moment. ClickThe tweet What illusionDo I have entertainment? The rational animal is, therefore, also a social animal. An empty and changing thing, as voluminous, as fickle as the weather. Pergence is the mother of crime. A man should be in the vertical position, not in the vertical position. Our life. is what our thoughts do nothing happens to anyone that they can't stand. Quotes from Marcus Aurelius in the table of contents. It dwells in the beauty of life. Look at the stars, and go to yourself running with them. Looke well on yourself; There's a source of strength that will always spring up if you always look at it. When taken, inevitably, by circumstance, reverted to yourself and don't lose the pace more than you can help. You will have a better knowledge of harmony if you keep coming back to it. Were you born to feel "Nice"? Instead of doing things and experiencing them? Don't you see the plants, the birds, the birds, the birds, the birds and the spiders and the spid in order as best they can? And you're not willing to do your job as a human being? Why aren't you running to do what your nature demands? If you are distressed by anything outward, the pain is not due to the thing itself, but to its estimation; And this has the power to revoke at any time. Take the shortest route, the one that nature planned: to speak and act in the healthiest way. Do that, and be free from pain and stress, free from all the calculation and pretence. It's time to realize that you have something more powerful and miraculous in you than the things in the face and know them for what they are. Keep reminding yourself of how things are connected, of their relationship. All things are involved with each other, and breathe together, and they are one. If I had died and your life had extended only to this present moment, use the survey that remains to live from this one in advance according to nature. There were two much more inflatable and serious vices than the rest: the lack of self-control "persist and resist. The universal order are no more than different expressions and demonstrations of an underlying principle common. Inside the basis of good, and you are going to mouth, if you ever have you. Click to contemplate the only wealth that will keep forever is the wealth that a power to expand the mind as capacity to systematically investigate and truly everything that comes under your observation in life. Therefore, as it offers the occasion. Never look around to see if any sign ", I'll be satisfied with The smaller issue, and I think that even that result is not a bit. Because one thing seems difficult for you, do not think it is impossible for anyone to achieve it. . People with a strong physical constitution can tolerate extremes of heat and cold; Strong mental health people can handle anger, pain, joy and other emotions. He is in his power to live here. But if men do not allow it, they move away from life, as if they suffered any damage. The house is smoked, and I renounced it. Why do you think this is a problem? But always that nothing that the kind puts me out, I stayed, I am free, and no man will hinder me to do what he chooses; And I choose to do what it is in agreement with the nature of the rational and social animal. If you did not learn these things to show them in practice, what did you learn? How much time will you expect before they demyed? The best of yourself, and the reread of trust to determine what is best? (See also: 9 ways to reach your maximum ory or discreditable, keep in mind that the crisis is now, that the Olympic Games have begun, and the wait is no longer an option; that the op all Dús, Lifehack.org) "will throw you at the jail. Jail. A ¢ A â, ¬ "It is my body will launch there. When they face anything pa ainful or pleasant, anything that brings (lose, becomes the events of a single day. In the morning, when it rises reluctantly, let this thought is present: I am Climbing the work of a human being The wisdom, the perseverance and the art of life (Amazon book) Fun and surprising Marcus Aurelius quotesgo to the content table. Have you been made for this, to lie down under the blankets and keep it warm? I have. Why do not you use it then? "But I get Go to use a golden crown. If you have your heart put on the crowns, why not make one out of the roses? "You will see more elegant at that time. Are these people who want to admire? Are not the Same people who want to admire? Are not the same people with whom you have the habit of calling calling? And is this your ambition of life then, "to win the approval of the lunatics? Consider what men are when they are eating, sleeping, coupling, evacuating, etc. So, what kind of men are when they are imperative and arrogant, or angry and scolding their high place? For all your compliments pay the verses. They, however, these same poems make me gay. Conceal to Flaw, and the world will imagine the worst. If you learn that someone is talking bad about you, do not try to defend against the rumors; Answer, A ¢ ¬ "Yes, and he does not consider each one of those who remember it. It also soon. Us, with a view to many things in those who are like antagonists in the Because it is in our power, as I said, to get out of the way and not have suspicion or hatred. Begin, for starters it's half the job, let it be half; Once again, start this, and we're done. It's just lovely how people boast of gualities beyond their control. For example, "I am better than you because I have many properties, while you are practically hungry"; Or, is it "I am a governor, or is it "I am a governor, or is it "I have fine curly hair." How strangely men act. They will not praise those who live at the same time and live with themselves; But to be praised by posterity, by those whom you have never seen or never will see, this set much value in "". A cucumber is bitter". Throw it. a^m" There are briar on the road. Apart from them. That's enough. Do not add, "And why were such things are, and what was yesterday a speck of semen tomorrow will be a mummy or ashes. No circumstances ever. Let's say, "I lost something", he just gave it back. Click on TweetDeep Marcus Aurelius Quotesgo to the table of contents to do damage. To do an injustice. It's still nothing, today it's too late; Good lived yesterday.Do little, if you want satisfaction of the mind. (See also: 9 Powerful Ways to Find Peace, Planetofsuccess.com) Disgracees.com born is not good fortune. If something does not make a person worse, nor does it make their life worse, nor does it harm them without Inside life and life, success and failure, pain and pleasure, wealth and poverty, everything that happens to them right and wrong, and they are neither noble nor shameful, and, therefore, neither good nor bad. The present is the only thing. of which a man can be deprived, if it is true that this is all he has, and that a man cannot lose something he does not yet possess. becoming an old mantime if you want to be an old man for a long time. Don't think your situation is really bad "no one can force you to do that. Is there smoke in the house? If it's not suffocating, I'll stay home; if it's too much, I'll go. Always remember, "the door is open. What springs from the earth dissolves on the their reasons, how do you know their actions are vicious?Consider that everything is opinion, and the opinion, and as a sailor who has traveled the promontory, you will find calm, all stable and a bay without waves. Sexual embrace can only be compared with music and prayer. The hidder defect is considered greater than it is. The glory paid to our ashes is too late. The universe is transformation: life is opinion. Click to twittearA vine can't behave oliveally, not a wine olive tree "is impossible, inconceivable. The human being can no longer completely erase his native disposition. Since most of what we say and do is unnecessary, dispensing from such activities gives man more free time and less unrest. Having contemplated human life for forty years is the same as having contemplated it for ten thousand years. Because what else do you see? Passions are born from frustrated desire. All that happens happens as it should be, and if you watch carefully, you will find that it is so. Everything has a similar form from time to time and returns to its cycle. Whatever man you meet, say immediately: "What does this man have in mind about good and evil? » For the rational animal the same act is at once, according to reason. Poverty is not bad for anyone unless it kicks against Frame Aurelio QuotesGo to Index One thingno better or worse for being praised. Be careful not to treat inhumanity as it treats human beings. A person's value is measured by the value of what he values. An ignorant person is inclined to blame others for their own misfortune. needs, except those that are created. He's not disturbed, except for his own riots. He doesn't know obstructions, except inside. Whatever someone does or says, I must be emerald and keep my color. Its three components: body, breath, mind. Two are yours in confidence; the third only you have a clear title. No one opposes what is useful to him. Being used for others is natural. Then do not oppose what is useful to him. Being used for others is natural. Then do not oppose what is useful to him. Being used for others is natural. advantage of his spitmate - and my accuser is my spitmate. I train with patience, civility and even temperament. Or you're going to be depressed when your desire is not realized or foolishly pleased with yourself if it is, enchanted for the wrong reasons. I say virtue is more valuable than wealth in the same degree that eyes are more valuable than nails. The more serious the consequences of anger than the causes of it. Click on the tweet Most of us fear the body bite and do anything to avoid it. However, about the mortification of the soul, we don't care about a iota. Do not let the external appearances induce you to think that someone with more prestige, power or some other distinction should be happy in that account. As you are careful when you walk not to step on a nailspin the ability to read or touch music, you would think it was a disaster, but you do not think about losing the ability to be honest, decent and civilized. Things do not touch the soul, because they are external and remain immovable; Thus our disturbances come only from our internal opinions. We are too accustomed to attribute to a single cause that is the product of several, and most of our controversies come from that. All we hear is an opinion, not a fact. All we see is a perspective, not the truth. The pleasures, when they go beyond a certain limit, are just punishments. As it is with a work, it is with life â \in "what matters is not how long the performance lasts, but the good thing that it is. It is not important in what point stops. Detase wherever you want it, â \in just make sure you round them with a good ending. Often unjustly act that does not do a certain thing; It does not only be done by a certain thing. If someone is unable to distinguish the good things about the bad and neutral things of both, $\hat{a} \in \alpha$ How could it be a person capable of loving? The power of loving, it does not only happen. See also: How to think like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius (Book Sunrise) Part 3. Marcus Aurelius Appointments about ... Marcus Aurelius about Life Go to the table of content stops wanting something more S happens, for a different destination. It is to live a false life. Enough of this miserable and weeping life. Stop doing the monkey! Why bothered you? What is there again here? What is so confusing? The responsible? Take a good look. Or just the matter in Sã? Then look at that. There is nothing more than looking at. And as for the gods, now you could try to be more direct and kind. It is the same, whether you have examined these things for a hundred years, or only three. The of reading and writing requires a one Still, more life. Consider that as the heaps of sand pile up together they hide the ancient sands, so in life the events that go before are soon covered by those that come after. If, at some point in your life, you should find something better than justice, honesty, self-control, courage â than a satisfied mind that has managed to allow you to act rationally, and satisfied to accept that which is beyond its control â if you find something better than that, embrace it unreservedly â It should be an extraordinary thing â and enjoy it to the full. Where a man can live, he can also live well. Treat what you don't have as nonexistent. Look at what you have, the things you value most, and think about how much you crave them if you don't have them. But be careful. Don't feel so satisfied that you start to overestimate them â that you'll be upset about losing them. Ask if they put their self-interest on the outdoors, you cannot call them friends, any more than you can call them reliable, consistent, courageous or free. As long as you live, as long as I am in your power, be good. Click the tweet What is the goal of virtue, after all, except a life that flows smoothly? Where else is friendship to be found if not with equity, trustworthiness and respect for virtue alone? It will give you relief, if you do every act of your life as if it were the last. Don't act like you're going to live 10,000 years. Death hangs on you. As long as you live, as long as I am in your power, be good. Be cheerful too, and do not seek external help or the tranquility that others give. A man must then remain erect, not be kept erect by others. The art of life is more like the art of the fighter than that of the dancer, with respect to this, she must be ready and firm to know the beginnings that are sudden and unexpected. The object in life is not to be on the side of the majority, but to escape In the ranks of the The history of your life is now complete and your service is finished; and how many beautiful things you have seen; and how many pleasures and pains you have despised; and how many things you have called honorable you have stimulated; and how many pantry people you have shown a good disposition. life is neither good nor bad, but only a place for good and evil. anything in any beautiful way derives its beauty from itself and asks nothing becomes worse or better by praise every next day must be welcomed and immediately reduced in our own possession as if it were the best day imaginable. What past flies has to be confiscated. the art of living is more like the struggle than the dance. marcus aurelius about happiness, gratitude, simplicity to go to the table of contents do not expect events to become the way you want, host events in whatever way they happen: this is the way to peace. (see also: how to have the peace of mind, wikihow.com) nothing is as encouraging as the virtues are visibly embodied in the people around us, when we are practically bathed with them. the tranquility that comes when you stop importing what they say or think, or do it. Just what you do. Do not realize the dreams of having what you do not have, but consider the head of the blessings you possess, and then remember with gratitude how you longed for them if they were not yours. when they are really possessed by what they do, they prefer to stop eating and sleeping than to give up practicing so arts. people seek retreats for themselves, in the country, on the coast, or on the hills. There is no place where a person can find a more peaceful and trouble-free retreat than in his own mind. So constantly register and surrender. the things that are essential are acquired with little discomfort; it is the luxuries that ask for work and effort. When you want to delight, In the virtues of those who live with you; For example, ro the gods I am indebted to have good grandparents, good associates, good relatives and friends, almost all good. All this requires the help of the gods and fortune. All you need is: certainty of judgment at the present time; action for the common good at the present time; and an attitude of gratitude at the present moment for all that is presented to you.Nothing is heavy if taken lightly, and how nothing has to provoke irritation while not. "Don't make it bigger than it is to irritate you.You can throw away most of the trash that seizes your mind "things that only exist there" and clear the space for yourself: understanding the scale of the world, contemplating the infinite time, thinking about the speed with which things change "every part of every thing; the narrow space between our birth and death; the infinite His reverence for the divine, not even his generosity, And the simple way he lived didn't seem to the rich at least. (What Marcus learned from his mother) If you're looking for peace, do less. Or do what is essential, what the logos of a social being requires, and in the manner required. Which brings double satisfaction: do less, better. Because most of what we say and do is not essential. If you can remove it, you will have more time and more tranquility. Ask yourself at every moment: "Is this necessary? "Think not so much about what you lack but what you would have come out of all the problems, or rather, I have expelled all the problems, and then reflect on what you would have wanted them if you didn't have them. Remember that it is not the future or what has happened that afflicts you, but always the present. ClickI have come out of all the problems, or rather, I have expelled all the problems, or rather, I h because I was not outside, but within my opinions. Without wasting the rest of your time here worrying about other people, unless it affects the common good. He'll keep you from doing something useful. You'll be too worried about what he's doing, and what they're doing, and what they're doing, and all the other things. That throws you away and keeps him from focusing on his own mind. You can spend your life in a flow of equitable happiness if you can follow the right way. Failure to observe the movements of their own minds must be movements of the movements of th unhappy. If it is in motion, if it is in its power, and do not see it to see if someone will observe it; Nor expect the Republic of Plato to be: but be happy if the smallest thing continues well, and consider that such an event is not a small matter. not to give in to the inappropriate notions for virtue and reasonable nature. Here is a rule to remember in the future, when anything tempts you to feel bitter: no "It is the misfortune, but "A to endure this worthy It is a good fortune. The one who lives in harmony with himself lives in harmony with the universe. MARCUS AURELIUS on TIMEGC to the Table of ContentsYou must resort to the profits of the present for the help of reason and justice. A key point to take into account: The value of care varies in proportion to its object. It's better not to offer him small things longer than they deserve. Well, everything else. Keep this pressed and remember: each of us lives alone now, this brief moment. The rest has already been lived, orimpossible to see. Brief is the life of man and the little corner of the earth where he lives; brief, It is the most long, stirred possession of a succession of poor human beings who will soon die and know little about themselves, much less than someone who died a long time ago. Until time you save anyone who does not look to see what his neighbor says or does or think. Click on the Tweet in total, the interval is small between birth and death; And consider with how many problems, and in question of what kind of people and in what a weak body, this interval is passed in an industrious way. Keep in mind how fast things happen and have gone - those who are now and those who come. Existence flows more from us as a river: what is in constant flow, $\hat{a} \in \neg \hat{a} \in \neg \hat{a}$ above has a thousand variations. Nothing is stable, not even what is here. The infinity of the past and the unlimited time before birth, as well as time without limits after dissolution. The perfection of the moral character consists of this, spending all days as if it were the last, and in not being violently excited or arpid or play the hypocrite. Think of all the past years in which you told yourself $\hat{a} \in \hat{c}$ when will do it $\hat{a} \in \hat{c}$ and how the gods have granted him again and again periods of grace of which you have not been exploited It's time to realize that you are a member of the universe, which are born of nature itself, and to know that a limit has been set on your time. Use every moment wisely, to perceive the inside refulgence of it, or A T Will Be Gone and Nevermore Within Your Reach. Do not waste time with nonsense (What Marcus learned from Diognetus) Marcus Aurelius on philosophy to go to the table of content Life is war ... So what can you guide us? Only philosophy as the one that happens that is at this time. The first thing that a suitor should be made to philosophy get rid of your presuppositions; A person does not commit to learn anything anything They think they already know. "It is regrettable that this has happened and that I have remained without damaging it — not destroyed by the present or scared of the future. It could have happened and that I have remained without damaging it. "It is regrettable that this has happened and that I have remained without damaging it." good look at the ruler's principle of people, especially of the wise, of what they seek. People who are physically ill are unhappy with a doctor who doesn't given up on them. Should we not feel the same with a philosopher - and assume that he has given up hope that we will become rational - if he no longer tells us what we need (but we don't like) to listen? Your mind will take the form of what you frequently hold in thought, for the human spirit is colored by such impressions. My advice is really this: what we hear from philosophers saying and what we find in their writings must be applied in our quest for happy life. We must hunt for the useful pieces of teaching, and the Spiritist and noble sayings that are capable of immediate practical application - not archaic expressions or extravagant metaphors and discourse figures - and learn so well that words become works. The work of philosophy is simple and modest. Don't leave me aside in pomposity. Click on the tweet Looks at you in the face. No role is as suitable for philosophy as the one that happens to be at this time. This, then, is the beginning of philosophy - a consciousness of one's own mental aptitude. This presumption that you have knowledge of any use has to be abandoned before approaching philosophy - as if we were enrolled in a school of music or mathematics. Reflect on the other social roles you play. If you are a member of the council, consider what a member of the council should do. If you're young, which meansyoung, if you are a one What does fatherhood mean? Each of our titles, when reflected, suggests actions appropriate to him. What can guide a man? One thing and only one, philosophy. But this consists in keeping the daimon within a man free from violence and without harm, superior to sorrows and pleasures, doing nothing without purpose, neither yet falsely and my to be ready right away to be country, as far as I am Antoninus, is Rome; but insofar as I am a man, it is the world. You want to know if you're polite? Show us your values, philosophies of happiness to live (thoughtcatalog.com) Marcus Aurelius About love, kindness, friends, doing good Go to table of contents You don't love yoursel enough. Or you'd love your nature too, and what it demands of you. Consider whether you have behaved to all in such a way that it may be said of you: You have never wronged a man in writing or word. What is divine deserves our affection because it is good; what is human deserves our affection because it is human deserves our affection because it is human deserves our affection because it is out, even forget to wash or eat. The spiritual meaning of love is meant to heal. Love is meant to renew. Love is meant to bring us closer to God. [Treat] unenlightened souls with sympathy and indulgence, remembering that they are ignorant or wrong about what is most important. Never be harsh, remember Plato's meant to bring us closer to God. [Treat] unenlightened souls with sympathy and indulgence, remembering that they are ignorant or wrong about what is most important. dictum: "Every soul is deprived of the truth against its will". Does anyone hate me? That will be your adventure. But I will be gentle and benevolent to every man, and ready to show my resistance, but nobly and honestly. Accustom yourself to attend carefully to what Another, and as much as possible, try to inhabit the mind of the speaker. In your tu. do not dwell on excessive length in their own acts or adventures. Just because you enjoy recounting your exploits doesn't mean that others derive the same pleasure of listening to them. One thing here is worth a lot: to spend your life in truth and justice, with a benevolent disposition even for liars and unjust men. Refer your action to any other purpose than the common good. It does not whip, but in every movement it has respect for justice, and on the occasion of every impression it maintains the faculty of understanding. If a man is wrong, kindly instruct and show his mistake. But if you're not able, blame yourself, or understanding or understanding or understanding. even yourself. When you have problems getting out of bed in the morning, remember that your defining characteristic - what defines a human being - is working with others. Even animals know how to sleep. And it is the characteristic activity that is the most natural - more innate and more satisfying. Help others less valuable to you? Isn't it worth your effort? Click on the tweet from my brother Severus to love my relatives, and love the truth, and love justice. (What Marcus learned from Sextus)From Sexto to tolerate ignorant people, and those who form opinions without consideration. (What Marcus learned from Sexto)He has learned to accept the favors of friends without losing self-respect or seem ungrateful. (What Marcus learned from Apollonius)Your respect for the people who practiced philosophy - at least those who were sincere about it. But without denigrating others - or listening to them. (What Marcus learned from Apollonius)Your respect for the people who practiced philosophy - at least those who were sincere about it. But without denigrating others - or listening to them. (What Marcus learned from Apollonius)Your respect for the people who practiced philosophy - at least those who were sincere about it. But without denigrating others - or listening to them. (What Marcus learned from Apollonius)Your respect for the people who practiced philosophy - at least those who were sincere about it. But without denigrating others - or listening to them. (What Marcus learned from Apollonius)Your respect for the people who practiced philosophy - at least those who were sincere about it. learned from his adoptive father)Never value anything so profitable that he forces you to break your promise, to lose your respect, to hate any man, to suspect, to desire anything that needs walls and curtains. Just assistsame, and Be a good man in every act you do. We must do good to others, as well as a horse, or a bee makes honey, or a vine has a season of grapes after the season without thinking about the grapes that are born. Before things, among which his lot has been launched and sincerely loves the like creatures with which destiny has ordered you to live. What's your art? Be good. And how is this achieved well, except by the general principles, some about the nature of the universe and others about the proper constitution of man? People exist among themselves. You can instruct them or endure them. As an antidote to fight against cruelty, they gave us kindness. What is the vocation? Be a good person. (See also: How to become a better person, Theschooloflife.com whatever one does or is, I must be good, just as if the emerald (or gold or purple) were always saying "Whoever someone does or does. I must be emerald and keep my color. "First, do nothing but a social end. When a guide meets someone who gets lost, ordinarily your reaction is to direct it on the right path, not to mock it or evil one, then turn on your heel and get away. As for you, take someone to the truth and find out he can follow it. "It doesn't make fun of him; keep in mind what he needs to work in his place. It could not have been felt by him or in a position to sponsor him. A sense of humor. (What Marcus learned from Maximus) No matter what someone says or does, my task is to be good. Click for tweetif that has been placed in a position on others, will it behave automatically as a despot? Remember who you are and toGovernments, who are relatives, brothers by nature, descendants of Zeus. "Well, what will my profession be in the community? Community? you are equipped to fill, as long as you preserve the man of confidence and integrity. Related Topic: LeadershipPerhaps there is no one more lazy, or more truly ignorant, than their eternal readers. Let men see, let them know, a real man, who lives as he was destined to live. To fear is to fear: no one has been able to instill terror in others and at the same time enjoy peace of mind Have I done anything for the common good? Then I share the profits. Keep me focused on that. Don't give up. The secret of all victory is in the organization of the unobvious. Marcus Aurelius About ambition, pleasure, material things, ego, fameGo to IndexA man's worth is not greater than his ambitions. Another person will not harm you without your cooperation; you are hurt the moment you think you are. Ambition means tying it to your own actions. To understand the true quality of people, you must look into their minds, and examine their searches and aversions. When you have done well and someone else has benefited from it, why, like a fool, do you seek a third thing in the credit for a good deed or a favor in return? A noble man compares and values himself by an idea that is superior to himself; and an evil man by an inferior to himself. One produces aspiration; the other ambition, which is the way a vulgar man aspires. They are non-sequitures: "I am richer, therefore a better person, than you". Something good should be a source of pride, right? And can one really take pride in a momentary pleasure? Please don't say yes. All our efforts must be directed towards an end, or we will act in vain. If it's not the right ending, we'll fail completely. Related Topic: SuccessSo when you are advised to worry about them, do not become superficial and conceive a passion for the external. The most important thing is more important to you than your own integrity, then prepare yourself to serve the rest of your life. Attached to many things, we are heavy and we crawl along with them. Click for TweetNothing Important enters into being overnight; even grapes or figures need time to mature. If you say you want a fig now, I'll tell him to be patient. First, you must allow the tree to bloom, then place the fruit; then you have to wait until the fruit is ripe. So, if the fruit is ripe. So, if the fruit of a fig tree is not brought to maturity instantly or in an hour, how do you expect the human mind to come to a good end, quickly and easily? Never enter into family quarrels about material things; give them voluntarily, for a fig tree is not brought to maturity instantly or in an hour, how do you expect the human mind to come to a good end, quickly and easily? and their permanent morals will increase in proportion. If he is hurt by external things, it is not that he is disturbed, but his own judgment now. To be sure, the external things of any kind require skill in their use, but we must not cultivate them together; whatever they are, they should only serve to show how warm we are in our management of them. As Socrates did, never answering the question of where he was, "I am Athenian," or "I am of Corinth," but always, "I am a citizen of the world." Just prove to me that you are reliable, high-minded and reliable, and that your intentions are benign. "Tell me that your jar doesn't have a hole in it, and you'll find that I wouldn't even want to me, I would be the first. To implore you to lend an ear to my own affairs. When he's done a good act or get a refund? If money is your only oneThen he considers that, for your lights, someone who loses his nose does not suffer any damage. It is not correct that any other class, as a praise of many, or power, or enjoyment of pleasure, is competed with what is rational, political and practically good. Maybe the desire of the thing called fame torments you. Look how soon everything is forgotten, and look at the chaos of infinite time on each side of the present, and the vacuum of applause, and unconsciousness and lack of judgment in those who pretend to give praise, and the narrowness of their dominion, And be calm at last. Or is your reputation what bothers you? But see how soon we are all forgotten. The abyss of infinite time that swallows everything. The emptiness of those applauded hands. The people who praise us; When capricious they are, how arbitrary. And the small region that takes place. All the earth is a point in space $\hat{a} \in$ "and most of them did not live. Give him time to learn something new and good, and stop being dragged. Marcus Aurelius guotes about death Go to the table of contents Despage not death, but welcome, because nature will do it as everything else. Think of yourself as dead. You have lived your life. Now take what remains and live correctly. (See: 5 simple ways to live more Fully, Huffpost.com) A brief existence is common to all things, and yet you avoid and pursue all things as if they were eternal. Death. The end of sensory perception, of being controlled by our emotions, mental activity, of slavery to our bodies. You could leave life right now. That this determines what you do and say and think. Death and pain are not terrifying, it is the fear of pain and death we need to fear. That is why we praise the poet who wrote: "Death is not fearful, but dying like a coward is." With the occasion of each act, ask yourself: â € œHow is this with respect to me? Would you repent? A little time and I'm dead, and It has been gone. Speaking for I hope that death me ahead when you are busy uniquely with the care of my character, in an effort to do it without restrictions and without restrictions. Do not live as if you had endless years ahead. Death Eclipse. While you are alive and capable, I know well. Be, as birth, it is a secret of nature. When the wife or the girl of someone dies, to a man, we all say routinely, ",", "the part of life". But if one of our own families is involved, then immediately, $\hat{a} \in \mathbb{T} \neg$ ", poor me! \tilde{A} , \hat{a} , "We would better remember how we react when we r when react when we react when react w when we react when we react how A similar loss afflicts others. A part of MA will be reduced by change somewhere in the universe, and that will again change to another part of the universe, and thinks accordingly. Think continually that all kinds of men, activities and nations are dead. As for things quickly disappear: in the universe the bodies themselves, but in time the memory of them. If it is a dispersion, or resolution in atoms, or annihilation, is an extinction of the elements of which is aggravated every living being. But if there is no damage to the elements in each continuous change in another, why should a man have any apprehension about the change and dissolution of all the elements? Death is necessary and cannot be avoided. I mean, where am I going to go away from him? Think that it is not of death from death, but die with favor; Because even death is one of the things that nature will do. One thing I know: all the works of mortal man are found under the phrase mortality; We live among the things that are destined for Perish.death is a liberation from the impressions of the senses, and from the desires that make us their puppets, and from the whims of the mind, and from the hard service of the We are the only animals that don't just die but are aware of it even as it happens, we are beset by anxiety. This, then, is consistent with the character of a man who reflects, not to be careless, impatient or contemptible with regard to death, but to wait for it to be one of the operations of nature. The act of dying is one of the acts of life. Death is not a bad thing. What happens then? The only law that mankind has is free from all discrimination. (A tough man) There is no man so lucky that there is not for him when he is dying some who are happy with what is going to happen. I can't escape death, but at least I can escape the fear of it. Related quotes: Death quotes that will bring you instant calmMarcus Aurelius About Anger, Fear, Pain Go to the table of contents When you are angry beyond measure, think that a man's life is momentary. To expect the punishment is to suffer it; and to win it is to wait for it. Who wants to live with delirium and prejudice, being unjust, undisciplined, bad and ungrateful? No one. No bad person, then, lives as he wants, and no bad man is free. He who does evil does evil against himself. He who acts unjustly acts Stoic! Do not show anger or other emotions. To be free of passion and yet full of love. (What Marcus learned from Sixth) When someone else blames you or hates you, or when men say something harmful about you, approach their poor souls, penetrate inside and see what kind of men they are. You will find that there is no reason to worry that these men have this or that opinion about you. Consider how often you suffer from your anger and pain, than from those things for which you are angry and The pain is not intolerable or eternal if you have your limits, and if you nothing but imagination. Now think about the things that man stings on man destroying: they are hope, envy, hatred, fear and anger and discomfort contempt. Our are more harmful to us than the things themselves, that anger or annoy us. Click for Tweetif, likes to do something, do it regularly; If you don't like doing something, make a habit of doing something, make a habit of doing something. you are not guilty of an isolated lapse, you have encouraged a tendency and threw fuel into the fire. If you are not afraid of not because you must stop living for some time, but if you are afraid that you have never started to live according to nature, then you will be a man worthy of the universe that has produced you, and you will stop being a stranger in your native land. Love of power or money. Or luxury life are not the only things that are guided by popular thought. We take our sign from people's thoughts. Don't worry about your behavior, just what you need to do to keep your will in tune with nature. If you don't want to be cantankerous, don't feed your temper, or multiply the incidents of anger. Suppress the first impulse to be angry, then start counting the days when you don't go crazy. Moved by the sight of a handsome man or a beautiful woman, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. In the face of pain, you will discover the power of self-control. 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So there's something comforting about pain extremities: if you feel too much you're forced to stop feeling it. It is our own opinions that disturb us. Take these opinions then, and resolve to dismiss your judgment of an act as if it were something serious, and your anger is gone. Why should we be angry with the world? Like the world? Like the world? Like the world? to pass a correct judgment about another man's actions. It's silly to try to escape other people's failures. They are inescapable. He's just trying to get away from yours. When someone else blames you or hates you, or people they are inescapable. He's just trying to get away from yours. need to be full of anxiety that you should have any particular opinion about you. What are you unhappy with? With the wickedness of men? Remember this conclusion, that rational animals exist for each other, and that endurance is part of righteousness, and that men do evil involuntarily. When you are offended by the guilt of any man, immediately return to yourself and reflect on how you have erred: for example, thinking that money is a good thing or pleasure, or a little reputation; what fault of mine almost resembles the one I'm about to criticize? You don't have to turn this into something He doesn't have to bother you. Things cannot shape our decisions by themselves. Click on the tweet If you've been hurt, They are those who suffer for it. But? I do what it is is to do; the rest doesn't bother me. The rest is inanimate, or has no logos, or wanders at random and has lost its way. Let him go, if he wants, whatever may happen. And the one who is affected can complain about it if he wants to. It doesn't hurt me unless I interpret it as being harmful to me. I can choose not to. To live in peace, immune to all compulsion. Let them shout whatever they want. (Related Topic: maturity) Consider that you also do many things wrong, and that you are a man like others; and even if you abstain from certain faults, you still have the disposition to commit them, even if it be out of cowardice, or concern for reputation, or some such bad motive. you abstain from such faults. There's no time to read. To control your arrogance, yes. For the growing ambition, yes. For the growing ambition, yes. For not being angry with stupid, unpleasant people â even for taking care of them â for that, yes. Being angry with something means you've forgotten: that everything that happens is natural. That the responsibility is yours, not yours, not yours, not yours. Practice listening to what people say. Do what you can to get inside their minds. Marcus Aurelius On Truth, Rationality, Calm Being Go to Contents How trivial are the things we so passionately want. Discuss your misconceptions. Stop masturbating like a puppet. Cleanse yourself to the present. (See also: How to stay in the current moment in everyday life: 5 simple habits, positivityblog.com) Only you do the right thing. The rest doesn't matter. Live your life in truth and righteousness, tolerant of those who are not true and righteous. If someone is able to show me that what I think or do is not right, I will happily change, because I seek the truth, by which no one was really harmed. It is the person who continues in his self-deception and ignorance that is damaged. In a little while you will have forgotten everything; in a little while you will have forgotten everything. Now it's in meso that there is no evil in this soul, neither desire, nor disturbance; but looking at all things, I see its true nature, and use them according to its value. Take me and throw me away wherever you want, for there I will keep my divine part quiet, that is, happy, if you can feel and act according to your own constitution. To every man! for very soon he is absorbed in the eternal. And what a small part of the whole sotance, and what a small part of the universal soul! And in what small earth do you crawl!Tell yourself every time, "He did what he thought was right." (when someone does something that doesn't get you) when someone criticizes or offends you, remembers that he's just doing or saying what he thinks is right. They cannot be guided by such opinions, only by their own; therefore, if so opinions are wrong, they are the ones who suffer to the extent that they are wrong, they are the ones who suffer to the extent that they are wrong, they are the ones who suffer to the extent that they are wrong, they are wrong, they are the ones who suffer to the extent that they are wrong, they are the ones who suffer to the extent that they are wrong, they are the ones who suffer to the extent that they are wrong, they are wrong the extent that they are the ones who suffer to the extent that they are wrong the extent that they are wrong the extent that they are wrong the extent that the wakes up in the morning, say: he is nosy, ingrateful, arrogant, dishonest, jealous and safe. None of them can hurt me. Don't waste the rest of your time here worrying about others. It will prevent you from doing something useful. Why don't you act instead of complaining? The perfect inner tranquility consists of the good ordering of the mind, the realm of your own mind.Why are we still lazy, indifferent and boring? Why do we seek excuses not to train and exercise our faculties of reason? Because what is a human being? part of a community, the community, the community, the community of gods and men, first, and secondly that of the city we inhabit, which is only a microcosm of the intoto universe. We resolve to accept everything that happens as necessary and familiar, flowing like water from that same source and spring. clickTweet, what does it mean to do the reason? "Rent what is false and suspend the judgment in doubtful cases". All things come from an intelligent source and come together as in a body, and the part should not find failures with what is done for the benefit of the whole; Or there are only atoms, and nothing more than the mixture and the dispersion. Why, then, are you disturbed? If the universe is a contest of atoms, or nature is a system, which is established for the first time: that I am part of the whole governed by nature; Next, I stop at any unclean connection with other family parties. What makes nature of everything, and whatever it serves to maintain it, it is good for each part of nature. The man who spends his time choosing an appeal after another in a search for peace and tranquility, will do so in all places he visits to find something to prevent it from being relaxing. To investigate and analyze, with comprehension and logic, the principles in which we should live. (What Marcus found out about Sextus) of the way he handled the amenities of the materials that Fortune had supplied him in such abundance, without arrogance and without arrogance and without arrogance and without arroyance had supplied him in such abundance, without arroyance and without arroyance are arroyance and without arroyance are ar from the adoptive father of him) to rest alone in these principles: that nothing will happen to me, which is not in accordance with the nature of the universe; And the other, which is not in accordance with the nature of the universe; And the other of him) to rest alone in these principles: that nothing will happen to me, which is not in accordance with the nature of the universe; And the other of him) to rest alone in these principles: that nothing will happen to me, which is not in accordance with the nature of the universe; And the other of him of the universe; And the unive type, despise the movements of the senses, to form a fair trial of plausible appearances, and take a survey on the nature of the universe and the things that happen in it. He constantly recalls those who have complained a lot about anything, those who have been the majority conspicuous by the greatest or misfortunes or fortunes of any kind: then think, where are they? are? Now? Smoke and ash and a story, or not even a story, or not even a story. Everything that universal nature assigns to any man at that time. I constantly observe that all things happen by change, and get used to To consider that the nature of the universal nature assigns to any man at that time. change the things they are, and do new things like them. Retreat more calm or more

With regard to what can happen from outside, consider it happens by chance or according to providence, and should not be blamed at random or accusing the providence. All the riots arise exclusively from the opinions we have inside .Marcus Aurelio on Religion, Divinity, Godir to Index for passing from a disinterested action to another thinking of God. Only there, joy and stillness. He fears pain, sometimes he will also fear some of the things that will happen in the world, and even this is pure impiety. «A fool can not be persuaded not even forced to renounce the madness of it. A € œIn God save me from the fools with a little philosophy. " "No one is more difficult to reach. You should realize that he occupies very little space in the entire world, that is, his body. In the reason, however, they do not give up anyone, not even the gods are equal? You could also kneel and pray that your nose does not run. A better idea would be to cleanse the nose and give up prayer. The point is, there is nothing that God have you given for your current? life. If there are gods and you are alone, then you will not care how devoted you have been, but you will welcome you based on the virtues you have lived. If there are gods, but unjust, then you should not want to worship them. If there are no gods, then he will leave, but he will leave have not complexed on the state of animals for the sake of others to help each other according to their deserts, but in no way hurt One, he who transgresses His will is clearly guilty of ungodliness towards the highest divinity. The gods are not to blame. They don't do anything wrong, on purpose or by accident. Neither do men; neither do they do it on purpose. Nobody's to blame. MARCUS AURELIO On obstacles, change, the future at the table of ContentsLoss is nothing more than change, and change is nature's delight. The impediment to the action. What stays on the road. Easy is to repel and remove all impression that is problematic or inappropriate, and immediately to be in complete peace of mind. They never let him disturb his future. You will find him, if you have to, with the same weapons of reason that today Arm yourself against the present. It occurred to you k EEP, are you to act with justice, generosity, self-control, sanity, prudence, honesty, humility, simplicity and all the other qualities that allow a person's nature to fulfill itself? So remember this principle when something threatens to cause you pain: the thing itself was not a misfortune; To endure it and prevail it is a great fortune. Allow your mind to be a slave, to be shaken by selfish impulses, to kick against fate and the present, and distrust the future. CAPTSCE ANY CHANGE TO HAVE Woven in the pattern of your destiny, for what could you adapt more adequately to your needs? The world is maintained by change. in the elements and in the things they make up. That should be enough for you; treat it as an axiom, but if you accept the obstacle and work with what you have been given, an alternative will be presented "another piece of what you are trying to arm. Action by action. Please note that everything is born to die. Soon, nature, which controls everything, will alter everything you see and use it as material for something else over and over. Don't be disappointed if you come home with the same set of ideas you came with. If we try to adapt our minds to the regular sequence of changes and accept the inevitable with good grace, our life will develop without problems and harmoniously. In the same way also look at the other times of time and entire nations, and see how many after great efforts they fell soon and solved in the elements. All things are changing: and you yourself are in It is in the power of man to have what you want; but it does not want to make the most. All that exists is somehow the seed of what it will be. Click for tweet Always note that everything is the result of change, and get used to thinking that there is nothing nature loves, as well as to change existing forms and make new ones like them. This misfortune somehow prevents you from being just, generous, sober, reasonable, careful, free of mistakes, polite, free, etc. "Everything that, together, completes human nature? with its changing empires that grew, the contemplative way of seeing how all things change among themselves, and constantly attends to it, and exercise on this part of philosophy. Because nothing is so suited to produce magnanimity. When it comes to everything it takes to get through, we're the same. No one is more vulnerable than the next man, and no one can be more sure of his survival till morning. If anyone is able to convince me and show me that I do not think or do well, I will change with joy; for I seek the truth by which no man was wounded. But it is wounded that remains in its error and ignorance. â I am unhappy, even though this has happened to me. It is not so: say, "I am happy, even though this has happened to me. It is not so: say." I am happy, even though this has happened to me. It is not so: say. "I am happy, even though this has happened to me. It is not so: say." I am happy, even though this has happened to me. It is not so: say." I am happy, even though this has happened to me. It is not so: say." I am happy, even though this has happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened to me. It is not so: say." I am happy happened ha future". A setback has often cleared the way for greater prosperity. Many things have fallen only to rise to higher heights. Another things you have done that have been right or courageous; run through your mind the best parts you have played. Don't be ashamed of needing help. Like a soldier who stormed a wall, you have a mission to fulfill. What if you've been hurt and you need a partner to pick you up? So what? There are times when even living is an act of courage. Marcus Aurelius On discipline, focus, self-control Go to table of contents Throw away your books; stop being distracted. The best way to get revenge is not to be like that. At dawn, when you're having trouble getting out of bed, say, "I have to go to work, as a human being. What do I have to go to work, as a human being. What do I have to go to work, as a human being distracted for? To hug under the blankets and stay warm? âAs your usual thoughts are, so will also be the character of your mind. Very small.necessary for everything to bother and ruin, only a slight lapse in reason. He always has the option of having no opinion. There is never any need for you to work or to disturb your soul about the things you cannot control. These things are not asking to be judged by you. Leave them alone. Yes, you can, if you do everything as if it were the last thing you were doing in life, and stop being hypocrite, self-centered, irritable. See how few things you have to do to live a satisfying and reverent life? If you can handle this, that's all, even the gods can ask you to remember to act as if you were at a symposium. when you move the food or drink, remove and take something politely; if you do not try to recover it. and if you have not yet arrived, do not let your desire run ahead, be patient until your turn arrives. voluntarily and diligently, without distributing and aware of the common interest. click for tweetremember, it is not enough to be beaten or insulted to be damaged, you must believe it is being harmed. If someone manages to provoke him, realize that your mind is complicit in provocation. Take a moment before you react, and you'll find it easier to maintain control, when you have been forced by circumstances to be disturbed in a way, return quickly and do not continue without melody longer than the compulsion of the latter. I, either by myself or by another, must direct my energies to this alone, which will lead to the common interest and will be in harmony with it. the mind that is free of passions is a citadel, because man has nothing else. Ensure what you can fly to take shelter and repel each attack. We must discipline ourselves in small things and hence progress to things of greater value. If you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. You muttered every time you have a headache, practice not curse. 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Marcus learned from Maximus) (See also: 5 ways to stay focused on a world full of distractions, fastcompany.com) Do your job, without complaining. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Maximus) Not to deal with trivial things. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Maximus) Not to deal with trivial things. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Maximus) Not to deal with trivial things. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. 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(What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (What Marcus learned from Diognetus) The feeling he gave of "staying" on it. (from Maximus) When you are called to speak, then speak, but never of banalities like gladiators, horses, sports, food and drink, common things. Above all, do not gossip about people, praising them. Drunkenness inflames and exposes all the vices, removing the reserve that acts as a mandrel on the impulses of bad behavior. You are made up of three things: body, breath (life), intelligence. Of them, the first two are yours insofar as it is your duty to take care of them; but only the third is truly yours. Justice will not be respected if we care about indifferent things or are easily deceived, careless and changeable. Do not waste what is left of your life on speculating about your neighbor, unless it is to mutual benefit. For what is such and such is doing and and Or what he is saying, or thinking, or to escape â € "in a word, anything that distracts you from fidelity to the ruler inside you, â €" means a loss of opportunity for some other task. Turn your desire for stone. Burn your appetites. Keep your mind focused on yourself. Related Article: Discipline quotes that will increase your self-control See also: Tim Ferriss Quotes Trust (on discipline, focus, productivity, etc.) According to the name Marcelus Aurelius on the character, Toughness mental Go to the table Of content, is it possible for a world without shameless people? No. So this person you just met is one of them. Supy The perfection of the character is this: to live each day as if it were the last, without pretension. The operations of the will are in our power; Not in our powe; ask: "Why is this so unbearable? Why can not I stand it? It will be ashamed to answer. It is in our power to have no opinion about a thing and not be disturbed in our soul; because things themselves have no natural power to form our judgments, I do not see any virtue that opposes justice; but I see a virtue that opposes the love of pleasure, and that is tempering. Look at the type of person you want to be and hit him, either alone or in a company. It will even make us socialize with men of good man, to model your life in yours, whether you choose To someone from the past. Remember, too, on each occasion that takes you to the vexación to apply this principle: it is not that this is a misfortune, but to take it without fissure is good fortune. If you want to be a man of honor and a man of your word, who is going to stop you? You say you do not approve, or do you not like anything against your best judgment? Consider consideringWhat price sells your integrity; but please, for the good of God, do not sell it cheaply. Click for Tweetit is in your power as long as you choose to withdraw into yourself. For there is no retreat that is more calm or free from problems than a man's own soul, like the promontory against which the waves are continually broken; but it stands firm and has the fury of the water that surrounds it. Invariant dependency and reliability, and to pay attention to nothing, no matter how fleeting, except logos. (What Marcus learned from Apollonius) Good morals and the government of my temper. (What Marcus learned from his grandfather verus) compassion. Unbreakable adherence to decisions, once it has been reached. Indifference to superficial honors. Hard work. Persistence. (What Marcus learned from his adopted father) that respected tradition without the need to constantly congratulate himself on safeguarding our traditional values. (What Marcus learned from his adopted father) to be the same in all circumstances, "intense pain, the loss of a child, a chronic disease. And see clearly, from his example, that a man can show strength and flexibility both of strength and of flexility. (What Marcus found out about Apollonius) Don't let your thoughts at once embrace all the various problems you can expect from you: but on every occasion ask yourself ", what is there in this, that is intolerable and past? € Because he'll be ashamed to confess. If he is detained for anything external, this is not what disturbs him, but his own judgment on it. And he's in his power to eliminate this judgment now. Do not make any difference to you, whether it is cold or hot, if you are doing your duty; and if youSomnolient or satisfied with the dream; and be badly spoken about or praised; And either die or do something else. more. That there is adequate dignity and proportion that are observed in the performance of each act of life. If then there is an invincible need, why are you resisting? Related topic: Caracter part 4. Marcus Aurelius quotes from ... Top 5 Appointments from this book along this article . Human life. Duration: momentary. Nature: changing. Perception: DIM. Body conditions: decomposition. Alma: circling. Fortune: unpredictable. The lasting fame: uncertain. Yes, it continues degrading, soul. But soon your dignity opportunity will have gone. Everyone has a life. It almost used, and instead of dealing with respect, you have relied on your own happiness to the souls of others. What can you guide us? Only philosophy. Which means to make sure that power inside remains safe and free of assault, superior to pleasure and pain, doing nothing at random or dishonestly and imposture, it does not depend on anyone else doing something or not. The present is all that can give up, since that is all you have, and what you do not have, you can not lose. Do you distract external things? Then do time for you to learn something worthwhile; Stop letting you carry in all directions. See also: Gregory Hays Meditations Other books to consider: The Aurelio Essential Frame (Amazon Book) Top 7 Appointments of the film Gladiator Go to the content table Marcus Aurelius: Are you ready To make your duty for Rome? Commodus: Yes, father. Your defects as a child are my failure as a parent. For 25 years, I have known four years without war, four years of peace in twenty. And for what? I brought the sword. Nothing else. CA © sar, your life ... Marcus Aurelius: Please. Please, do not call me so. Please, yes. Let's talk Now, very simply, as men. Maximus, Aurelio: I want you to become the Rome protector after dying. I will empower you for a single purpose: Return power to the people of Rome, and end the corruption that has corrupted it. Will this great honor you have offered you? Maximum: with all my heart, no. Marcus Aurelius: You have tried your value once more, maximus. We hope for the last time. Maximum: There is always someone to fight, Lord. Marcus Aurelius: There is always someone to fight. How will the world speak my name in years to come? Keep known as the philosopher? The tyrant ...? Or will I be the emperor who returned the true self of him? Part 5. Conclusion Go to the Table of Contents Time is a kind of river of events that pass, and strong is its current; Not before is something that is put in sight of what is swept by and another takes its place, and this will also be swept. Marcus Aurelius Click on Twitter

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