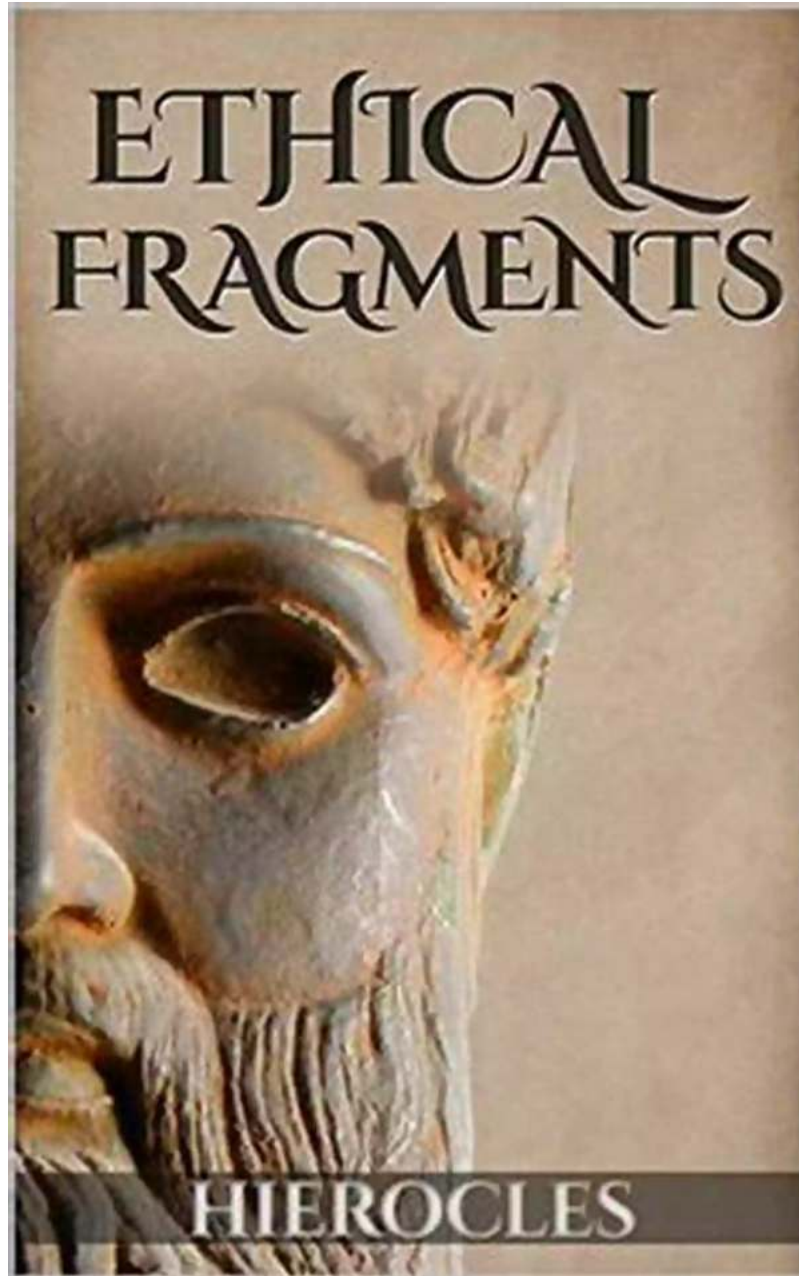


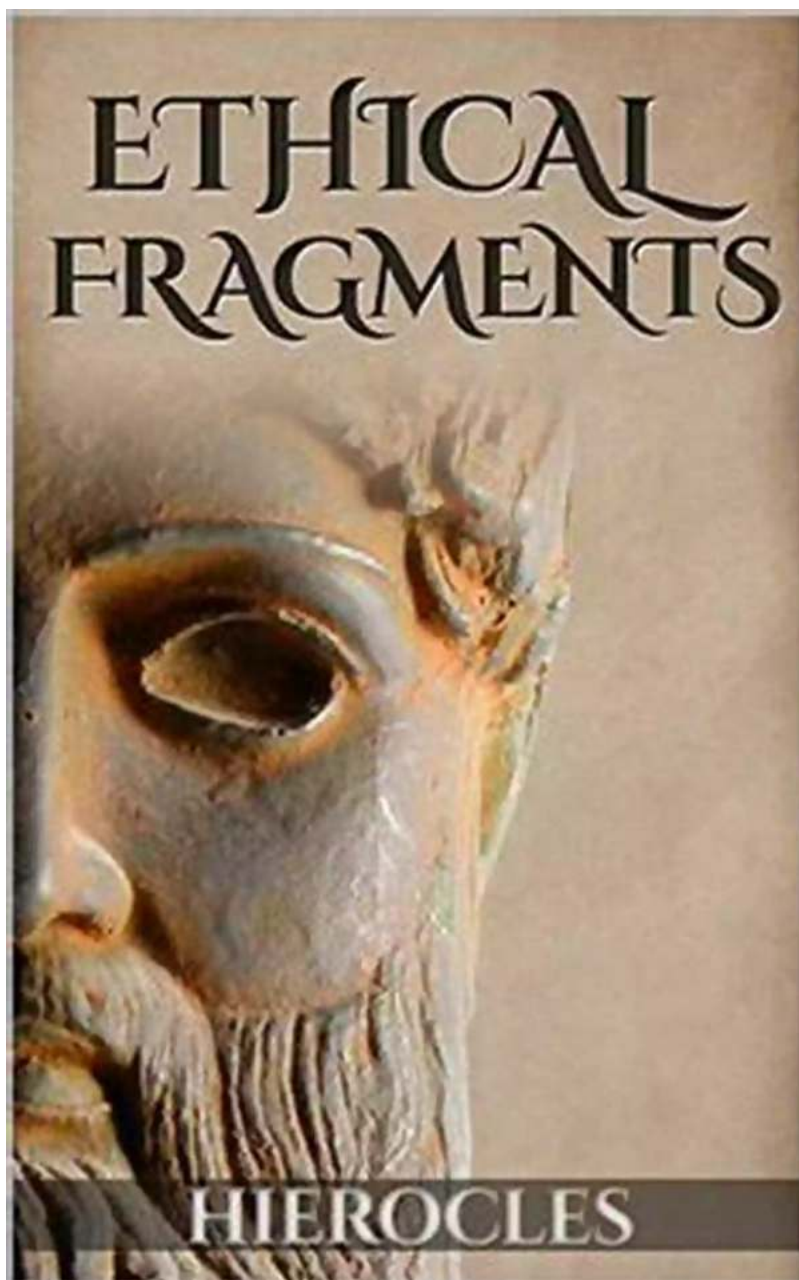
Ethical Fragments Illustrated Stoics In Their Own Words



Stoicism, a school of philosophy founded in ancient Greece, has long been revered for its practical wisdom and teachings on ethics. Today, many individuals turn to Stoic principles to find guidance in navigating the complexities of modern life. In this article, we will explore ethical fragments from famous Stoics and

examine their profound impact on shaping our understanding of virtue, happiness, and natural harmony.

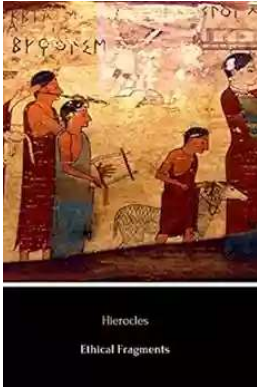
1. Epictetus



Ethical Fragments (Illustrated) (Stoics In Their Own Words Book 6) by John H Spencer (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English



File size : 2830 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 50 pages
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Epictetus, a prominent Stoic philosopher of the Roman era, emphasized the importance of distinguishing between what is in our control and what is not. He believed that true freedom lies in accepting the external events beyond our control and focusing solely on cultivating our inner character. Epictetus famously said, "It's not what happens to you, but how you react to it that matters."

By embracing this mindset, one can learn to detach oneself from the constant fluctuations of fortune and find tranquility in the face of adversity. Epictetus advocated for the practice of moral reasoning, emphasizing the development of virtues such as courage, justice, and wisdom.

2. Marcus Aurelius

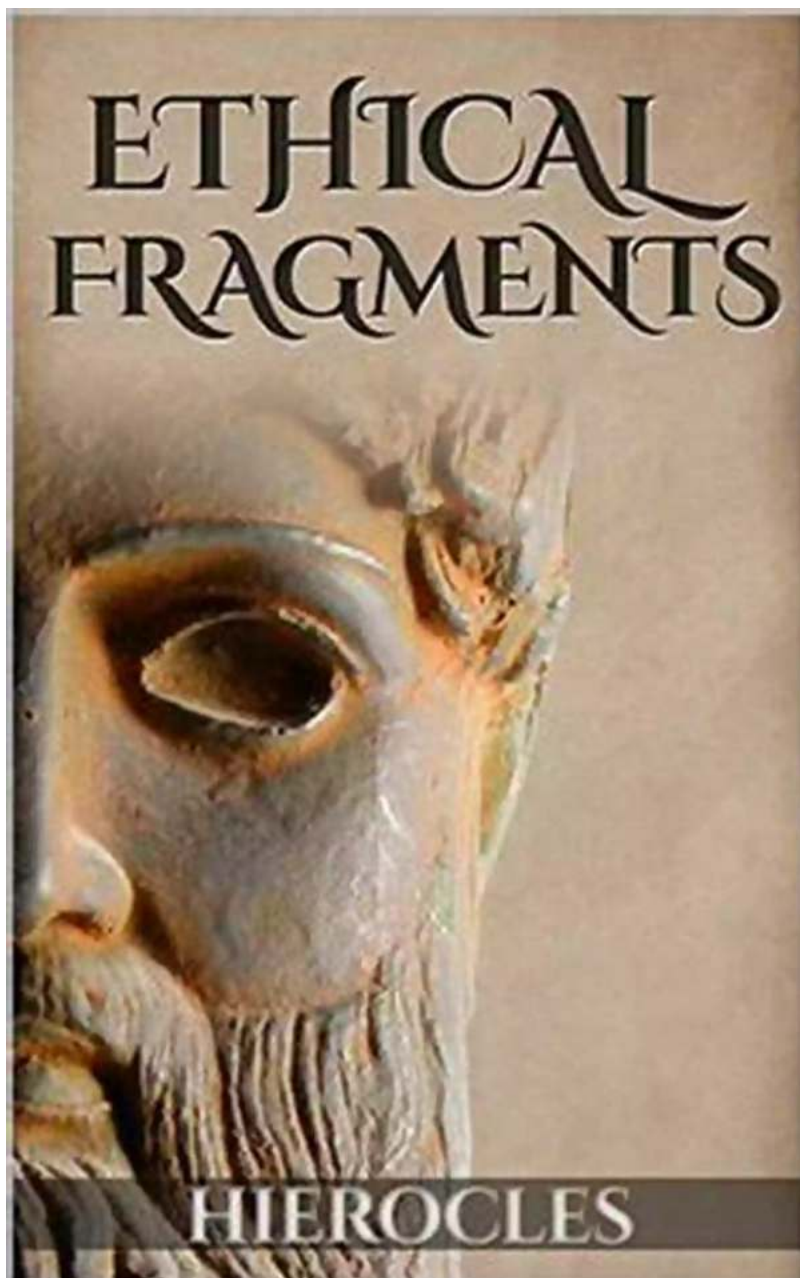


Marcus Aurelius, the Roman Emperor and renowned Stoic philosopher, penned his philosophical reflections in his personal diary known as "Meditations." In his writings, Marcus Aurelius highlighted the importance of living in accordance with nature and recognized the impermanence of external achievements.

He stressed the need for introspection and self-discipline, noting that the true measure of a person's character lies in their ability to maintain equanimity in the

face of challenges. Marcus Aurelius encouraged the practice of self-reflection and repeatedly reminded himself to embrace virtue, empathy, and acceptance of the natural flow of life.

3. Seneca

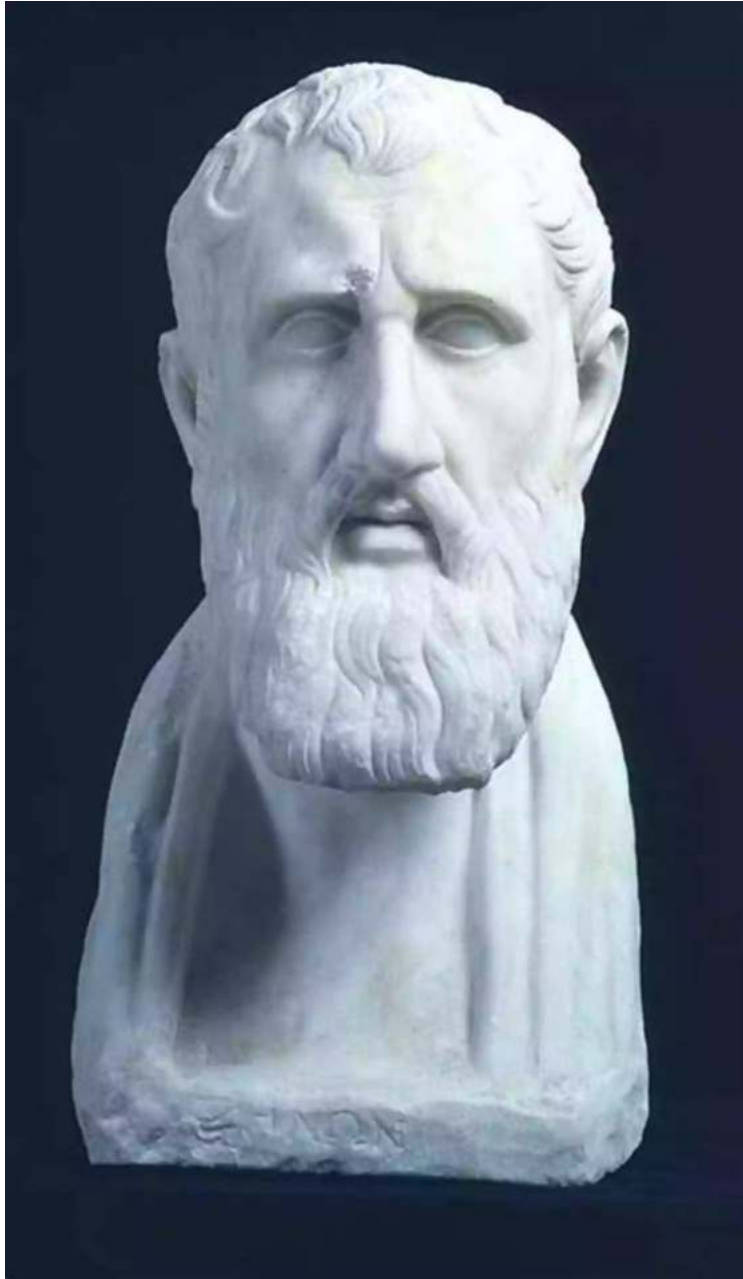


Seneca, another influential Stoic philosopher of the Roman era, focused on the concept of virtuous living and the pursuit of wisdom. He advocated for the

importance of self-examination and recognized the significance of philosophy as a practical guide for a fulfilling life.

Seneca explored the connection between mind and body, emphasizing the relationship between philosophical teachings and personal well-being. His letters, written as moral epistles to his friend Lucilius, provided practical guidance on a wide range of topics, including anger management, the quest for knowledge, and the exploration of one's passions.

4. Zeno of Citium



Zeno of Citium, the founder of Stoicism, established the fundamental principles of the philosophy. His teachings revolved around the concept of personal virtue and living in harmony with nature. Zeno believed that the ultimate goal of life is to cultivate wisdom and live a virtuous, ethical existence.

He advocated for the practice of self-control and discipline, emphasizing the importance of moderation and balance. Zeno's ideas laid the foundation for Stoic

ethics and formed the basis for the subsequent development of Stoic philosophy by later scholars.

5. Epictetus on Freedom of Choice

A podium and a prison
are each a place, one
high and the other low,
but in either place
your freedom of choice
can be maintained if
you so wish.



Epictetus

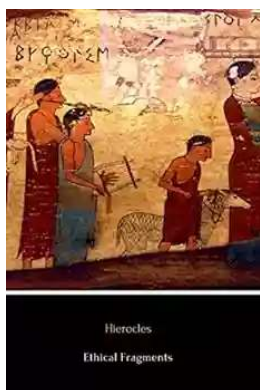
@whatiststoicism

A central tenet of Stoicism is the idea that humans possess the ability to control their thoughts and actions. Epictetus, in particular, devoted significant attention to

the concept of freedom of choice. He argued that while external circumstances may be beyond our control, we always retain the power to choose our responses.

This focus on internal freedom enables individuals to maintain their equanimity and act in accordance with virtue, regardless of external influences. Epictetus encouraged individuals to cultivate self-discipline, commit to continuous self-improvement, and align their choices with their moral principles.

The Stoic philosophy, with its emphasis on virtuous living, resilience, and the pursuit of wisdom, continues to resonate with individuals seeking guidance in a chaotic world. Through the wisdom of Stoic thinkers such as Epictetus, Marcus Aurelius, Seneca, and Zeno of Citium, we gain valuable insights into the ethical fragments that can illuminate our path to a more fulfilling and ethical existence.



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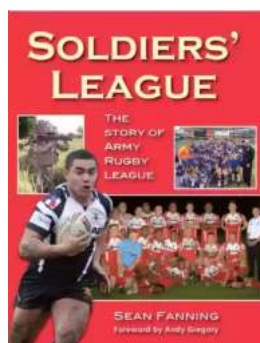
“We ought always to deal justly, not only with those who are just to us, but likewise with those who endeavor to injure us; and this, for fear lest by rendering them evil for evil, we should fall into the same vice.”

Little is known about 2nd century Greek Stoic philosopher Hierocles. The only biographical reference to him is from his contemporary Aulus Gellius who describes him as a "grave and holy man." Hierocles was famous for his Elements of Ethics, a book which was thought to be lost until part of it was discovered in a papyrus fragment at Hermopolis in 1901. The three hundred line fragment discusses self-perception, and argues that all birds, reptiles, and mammals from the moment of birth perceive themselves continuously and that self-perception is both the primary and the most basic faculty of animals.

Other surviving excerpts of Hierocles' writings focus on social relationships, marriage, household, and family. The Greek Stoic describes life as a series of concentric circles: the first circle is the human mind, next comes the immediate family, followed by extended family, the local community, neighboring towns, one's country and finally the entire human race. Our duty, according to Hierocles was to draw the circles in towards the center, transferring people to the inner circles, making all human beings part of our concern.

The papyrus and all other extant fragments have been collected, translated and revised in Ethical Fragments, the most complete single volume of Hierocles' writings available.

*Includes image gallery and essay 'Stoic Doctrine.'



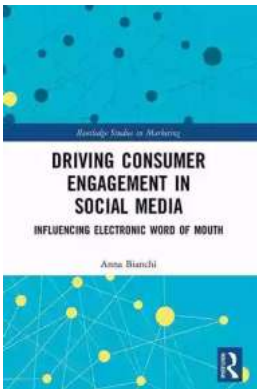
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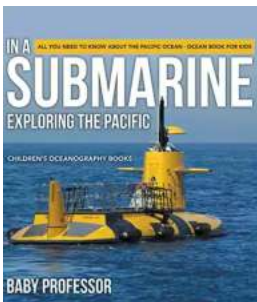
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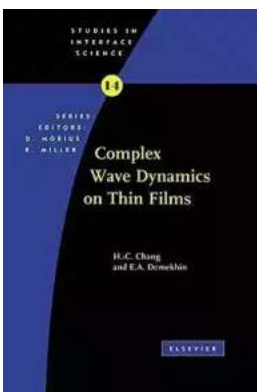
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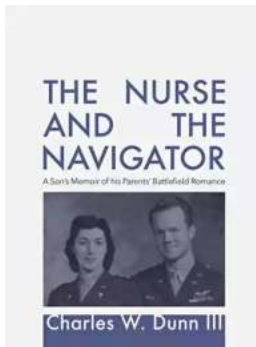
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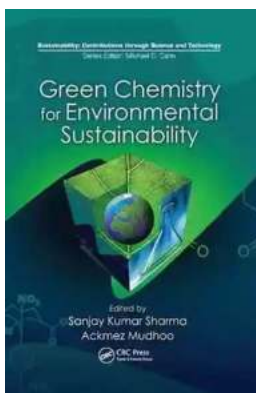
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