



THE STOICS

1. By the Painted Porch



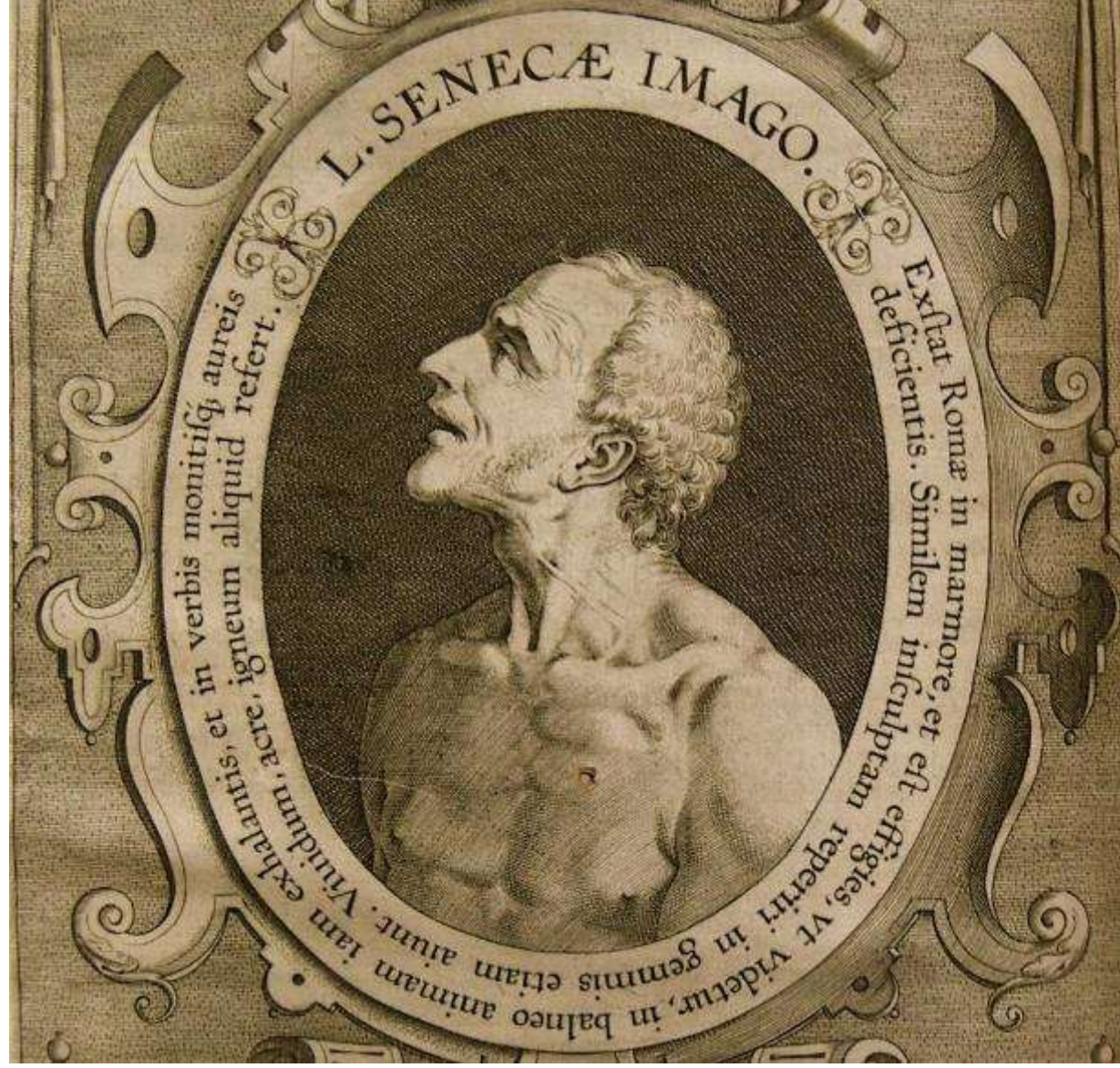




‘It was Nature’s intention that there should be no need of great equipment for a good life: every individual can make himself happy.

External goods are of trivial importance and without much influence in either direction: prosperity does not elevate the sage and adversity does not depress him.

For he has always made the effort to rely as much as possible on himself and to derive all delight from within himself.’









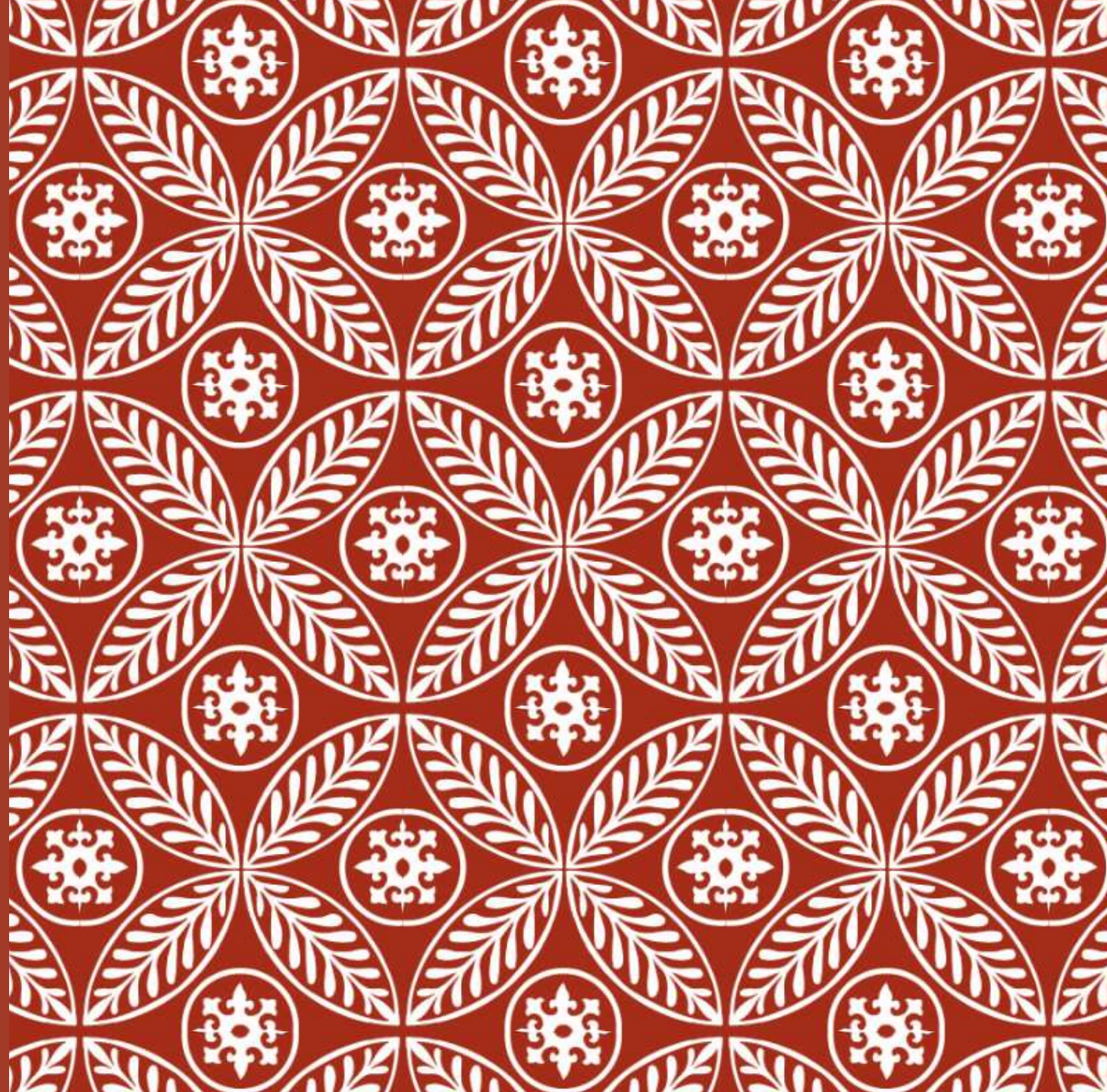
‘Epictetus was telling his students that there can be no such thing as being the ‘victim’ of another. You can only be a ‘victim’ of yourself. It’s all in how you discipline your mind.’

STOIC

What do these accounts have in common?

Cultivating inner strength of mind by recognising what is in your control, and what is not

Fortify an inner citadel, a place of calm detachment





‘What a tiny part of the
boundless abyss of time has
been allotted to each of us –
and this is soon vanished in
eternity;
what a tiny part of the universal
substance and the universal soul;
how tiny in the whole earth the
mere clod on which you creep.’





YOU MAY
RELAX YOUR
UPPER LIP



WHAT IS A STOIC?

What comes to mind with the word 'Stoic'?

Often, it is a cold, unemotional individual who somehow does not feel pleasure or pain when others do

But for the Stoics, the goal was not to rid oneself of all emotions, but rather reduce negative emotions

Apatheia

Develop an inner strength and mental freedom capable of withstanding adversity and making the most of daily life



SINCE 1828

GAMES

BROWSE THESAURUS

WORD OF THE DAY

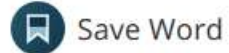
WORDS AT PLAY

stoic

DICTIONARY

THESAURUS

stoic noun



sto·ic | \ 'stō-ik \

Definition of *stoic* (Entry 1 of 2)

- 1 *capitalized* : a member of a school of philosophy founded by Zeno of Citium about 300 b.c. holding that the wise man should be free from passion, unmoved by joy or grief, and submissive to natural law
- 2 : one apparently or professedly indifferent to pleasure or pain

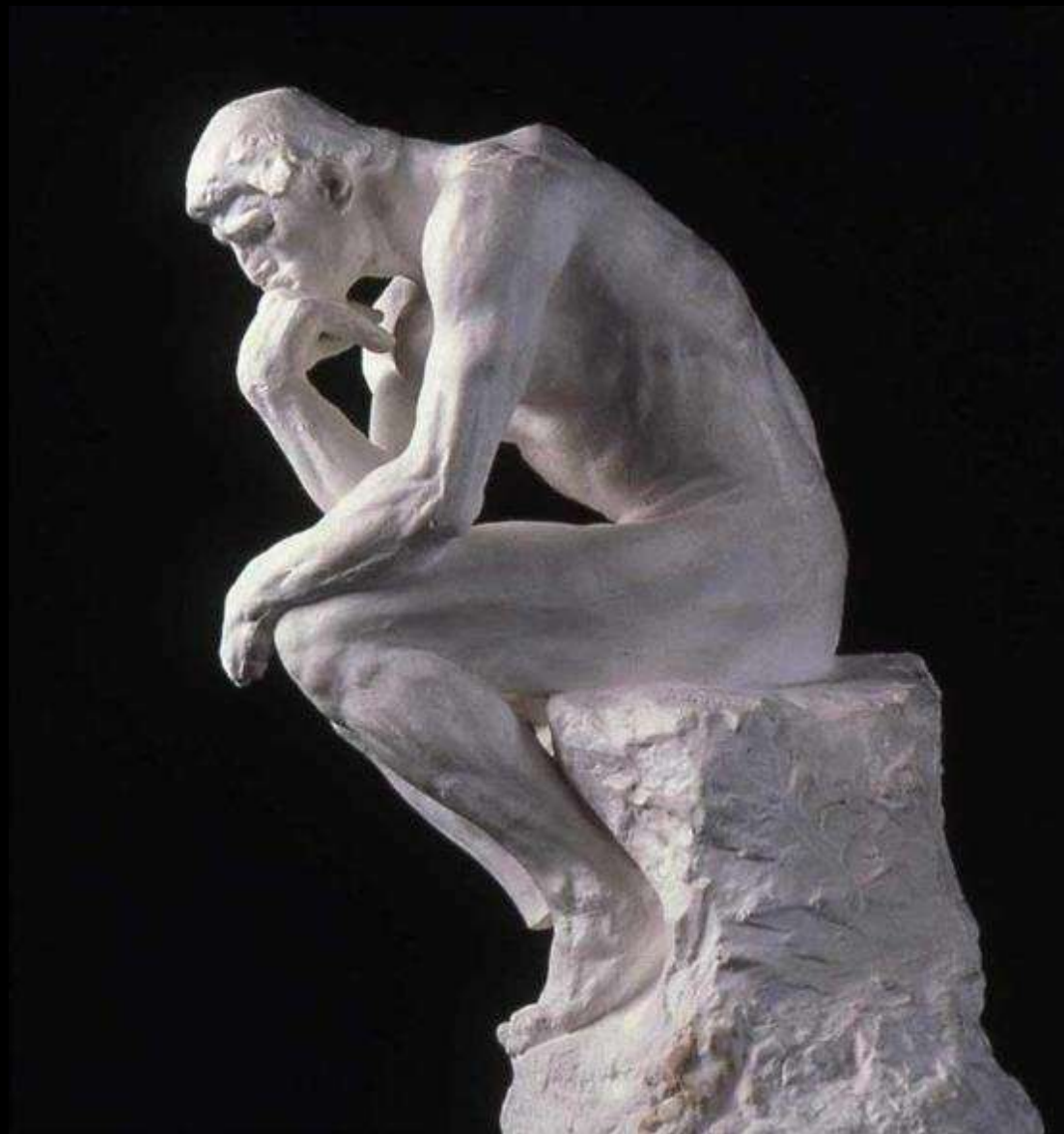
stoic adjective

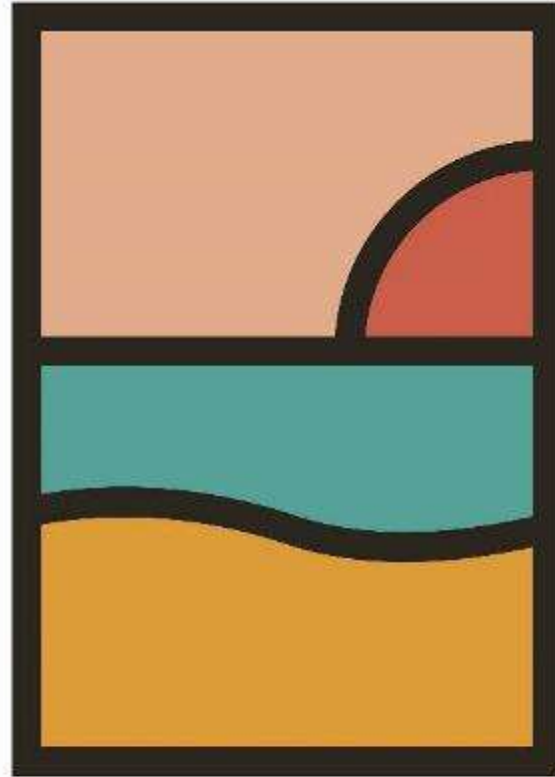
sto·ic | \ 'stō-ik \

variants: or **stoical** \ 'stō-i-kəl \

Definition of *stoic* (Entry 2 of 2)

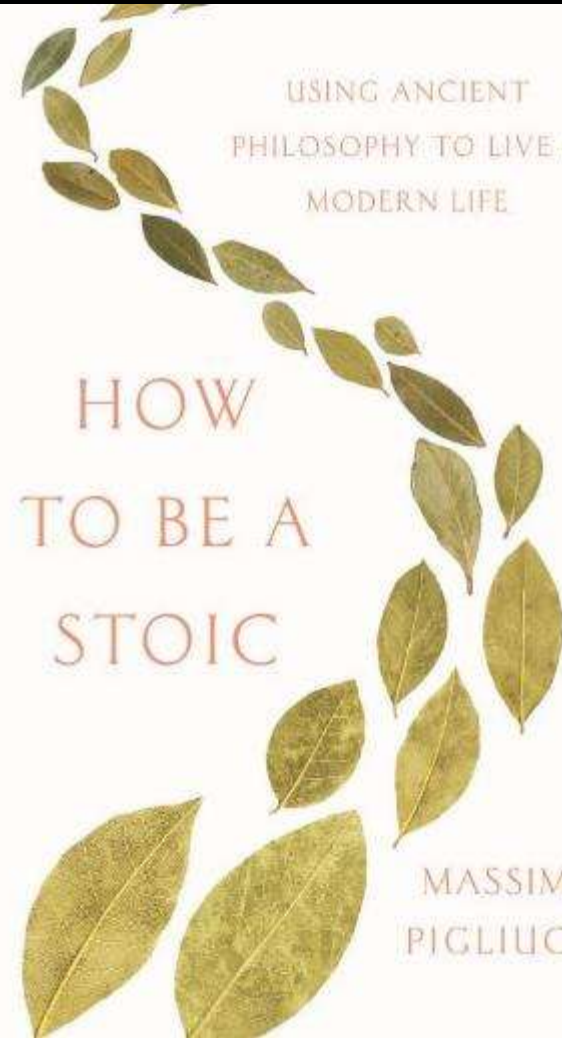
- 1 *capitalized* : of, relating to, or resembling the Stoics or their doctrines
// Stoic logic
- 2 : not affected by or showing passion or feeling
especially : firmly restraining response to pain or distress
// a stoic indifference to cold





John Sellars
Lessons
in Stoicism

What ancient
philosophers
teach us about
how to live





Want to be happy? Then live like a Stoic for a week

September 28, 2015 9:50am BST

Shutterstock

Email

Twitter

Facebook

LinkedIn

Print

163

278

What have the Romans ever done for us? Well, obviously the roads – the roads go without saying. How about guidance for how to live in the 21st century? That seems less likely, but in fact the last few years have seen a flurry of interest in the work of three Roman Stoic philosophers who offered just that. They were Seneca, tutor to the Emperor Nero; Epictetus, a former slave; and Marcus Aurelius, himself emperor.

Modern books drawing on their ideas and repackaged as guidance for how to live well today include *A Guide to the Good Life* by William Irvine, *Stoicism and the*

Author



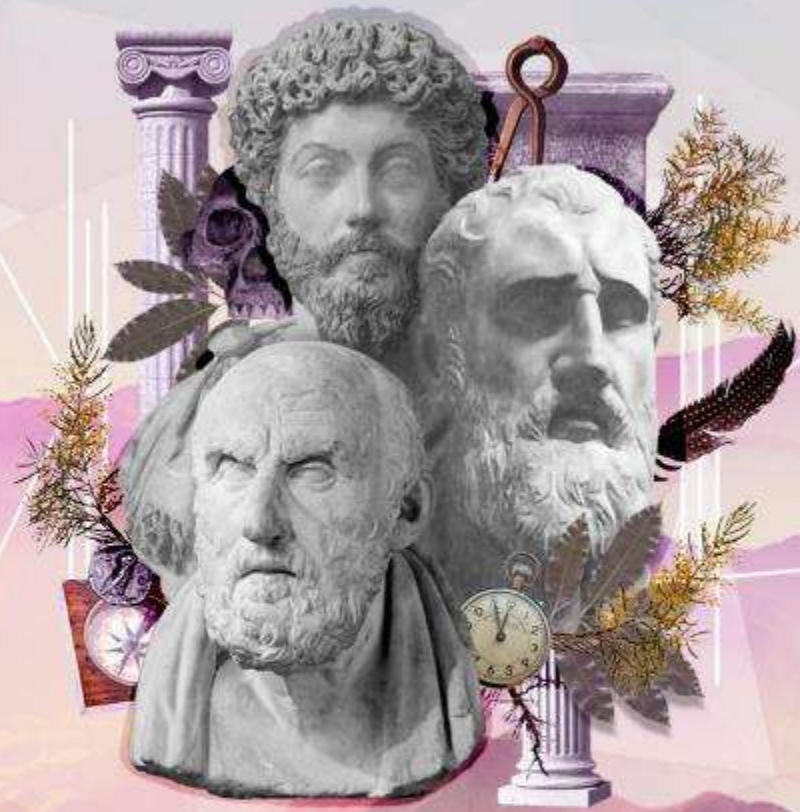
John Sellars

Lecturer in Philosophy, Royal Holloway

Disclosure statement

John Sellars is a member of Modern Stoicism, a non-profit organisation that runs Stoic Week and organises Stoicon events.

Partners



STOICON TORONTO 2020

The Modern Stoicism Conference

THE STOIC

JOURNAL OF THE STOIC GYM

**STOIC RESPONSES
TO THE PANDEMIC**

Greg Sadler

Kai Whiting

Sharon Lebell

Flora Bernard

Jonas Salzgeber

Chuck Chakrapani

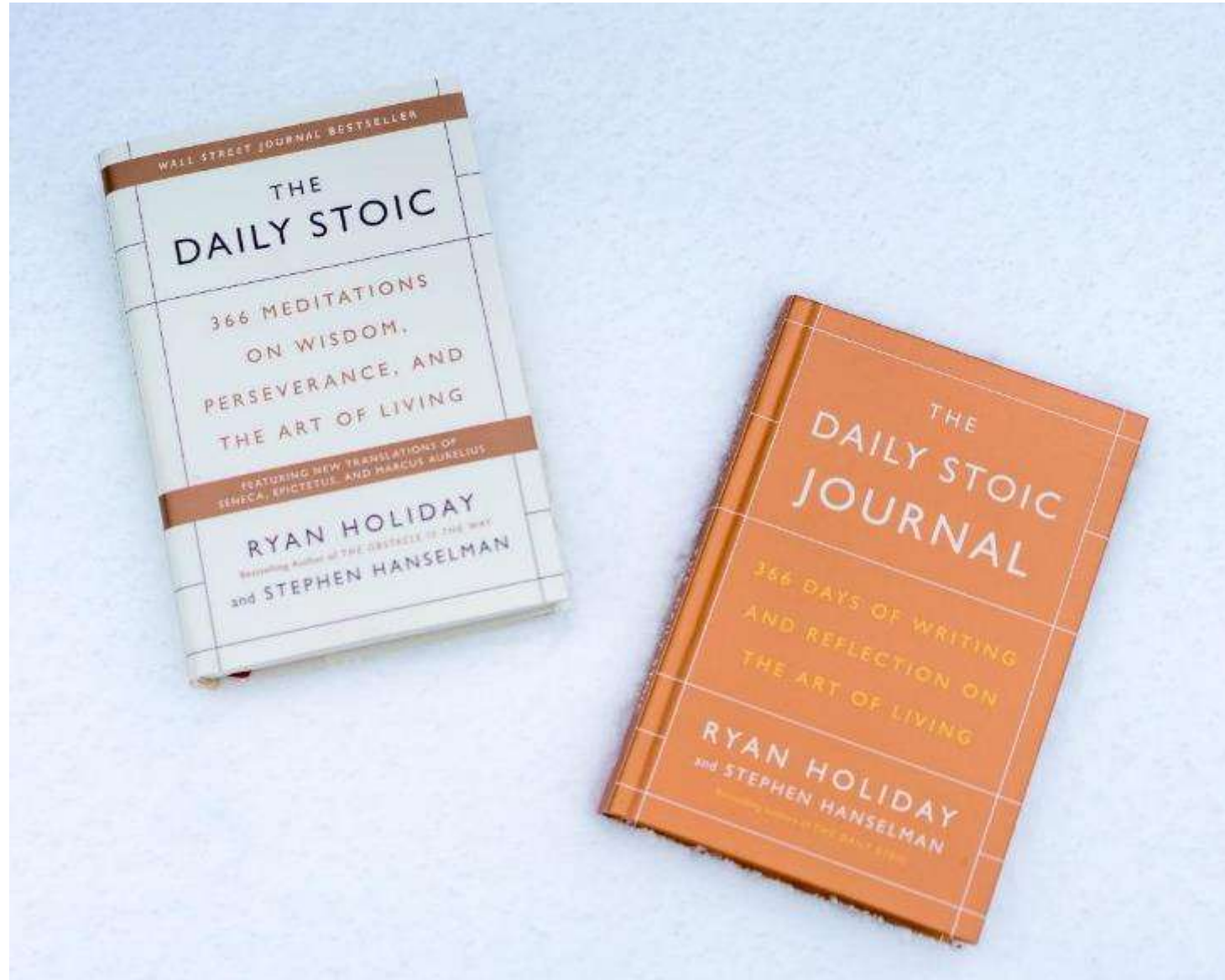
PLUS

Donald Robertson

Ron Pies



VOLUME 2 . ISSUE 4. APRIL 2020



New Course! Habits for Success, Habits for Happiness. 6 weeks to your best self. [LEARN MORE!](#)

FEATURED PRODUCTS



FOUR VIRTUES MEDALLION

The Stoics believed in Four Virtues: Justice. Temperance. Wisdom. Courage.

Every situation, every moment is an opportunity to exemplify these forms of human excellence

[BUY NOW](#)

READ TO LEAD

A DAILY STOIC READING CHALLENGE



READ TO LEAD: A DAILY STOIC READING CHALLENGE

In this 13-day reading challenge we will outline actionable ways for you to find great books to mine for wisdom and to build the beginnings of a great library with. You'll learn to dissect a book like a pro, to remember more of what you read, to *apply* it to your life, and much more.

[BUY NOW](#)



MEMENTO MORI SIGNET RING

The Daily Stoic signet ring is inspired by the French painter Philippe de Champaign famous painting "Still Life with a Skull," which showed the three essentials of existence - the tulip (life), the skull (death), and the hourglass (time).

[BUY NOW](#)



SENECA BUST

A 7" tall, hand-sculpted pewter portrait bust of Seneca the Younger. Individually hand-numbered, patinated and waxed with an aged verdigris finish.

[BUY NOW](#)

EXPLORE DAILY STOIC

Ryan Holid
Life Hack, V



Productivity Hack

er Use of our Time



Stoicism as a Career Hack

Published on March 27, 2017



Tom Richardson [Follow](#)
Digital media & marketing exe...

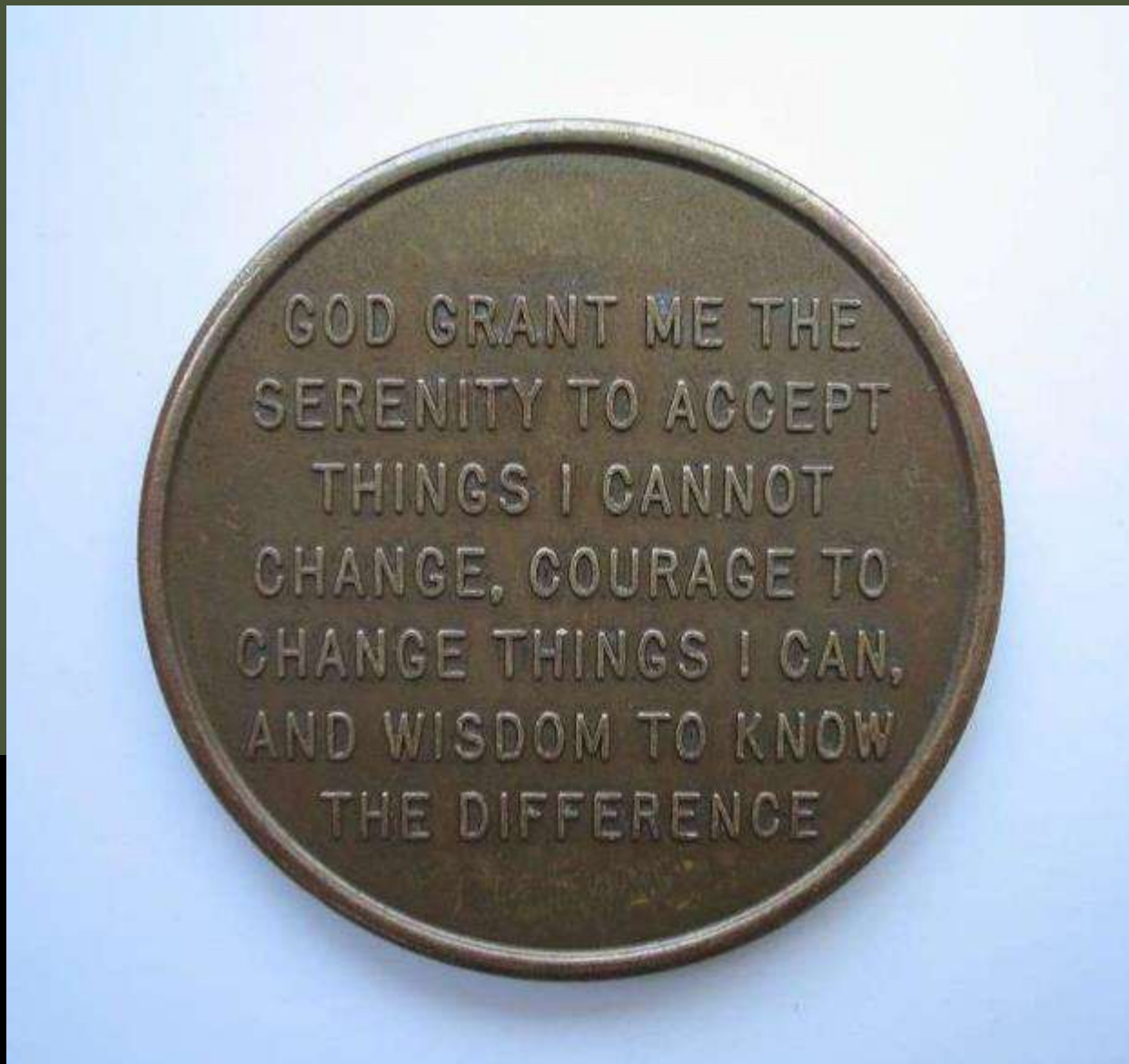


You read about it a lot in the worlds of tech, finance and even sports. (Some believe it's a contributing factor to the success of the New England Patriots.) You hear it mentioned frequently by one of the country's most popular and influential podcasters, Tim Ferriss. (He calls it a "personal operating system.") You see it on bestseller lists, with books featuring modern interpretations and slick new packages. (Check out Ryan Holiday's [The Obstacle is the Way](#).)

Stoicism is exceptionally useful for
... and shaping the world.

By adopting Stoicism, we aim to align our desires with what is under our control. This means desiring what we are likely to reach, while refraining from desiring what is out of our control. This is a key component of the Stoic discipline of desire.

From this perspective, it makes sense to desire that we are virtuous. We have direct control over our actions and character.

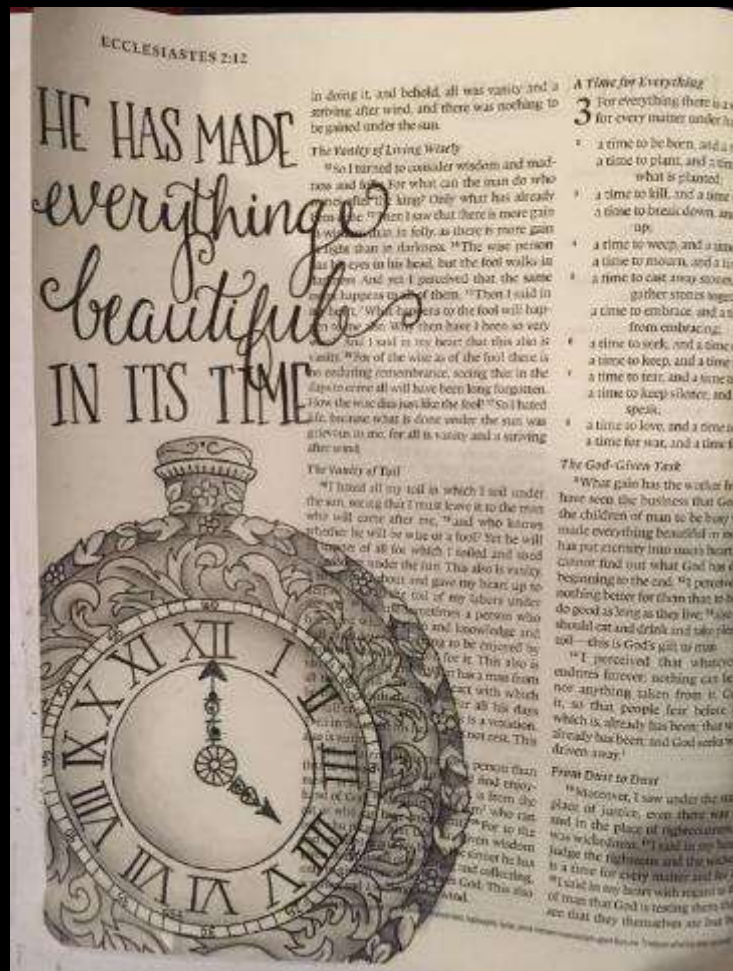






THE STRUCTURE

- 2 Early and Middle Stoa
- 3 Seneca
- 4 Epictetus
- 5 Marcus Aurelius





THE STRUCTURE

- 2 Early and Middle Stoa
- 3 Seneca
- 4 Epictetus
- 5 Marcus Aurelius
- 6 Ecclesiastes
- 7 The *Dhammapada*
- 8 Omar Khayyam





THE STRUCTURE

- 2 Early and Middle Stoa
- 3 Seneca
- 4 Epictetus
- 5 Marcus Aurelius
- 6 Ecclesiastes
- 7 The *Dhammapada*
- 8 Omar Khayyam
- 9 Shakespeare
- 10 Spinoza
- 11 Viktor Frankl



NEWS / WORLD HEALTH ORGANIZATION

Coronavirus: WHO says 'this virus may never go away'

More than 100 potential vaccines are being developed but experts stress the difficulty in finding one that is effective.

18 hours ago



The coronavirus could become endemic in the same way as HIV and populations around the world will have to learn to live with it, the World Health Organization (WHO) warned on Wednesday.

MORE ON CORONAVIRUS PANDEMIC

US accuses China of coronavirus research hacking:

MOODLE

<http://learn.marywardcentre.ac.uk>

Username: firstnamelastname

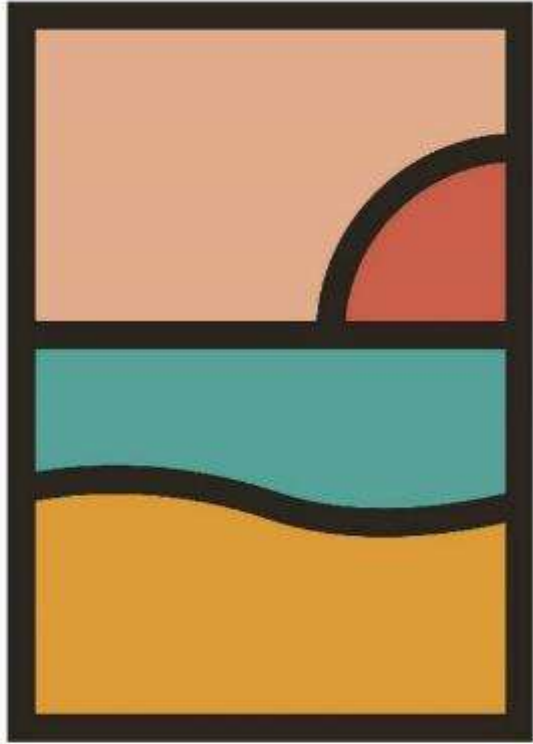
Password: FirstNameInitial
(capitals)

E.g. Marcus Aurelius

Username: marcusaurelius

Password: MARCUSA

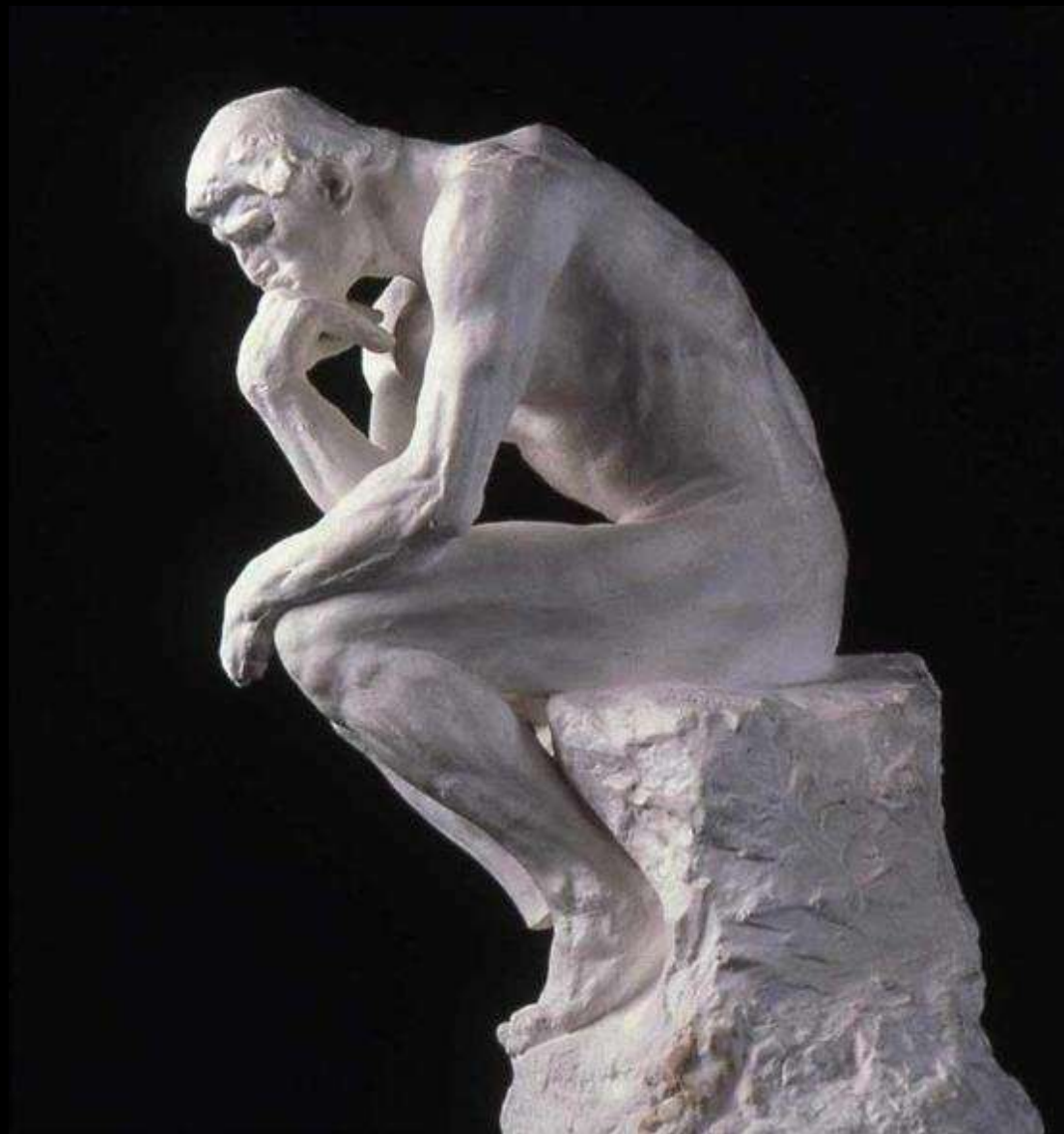




John Sellars
Lessons
in Stoicism

What ancient
philosophers
teach us about
how to live





STOIC

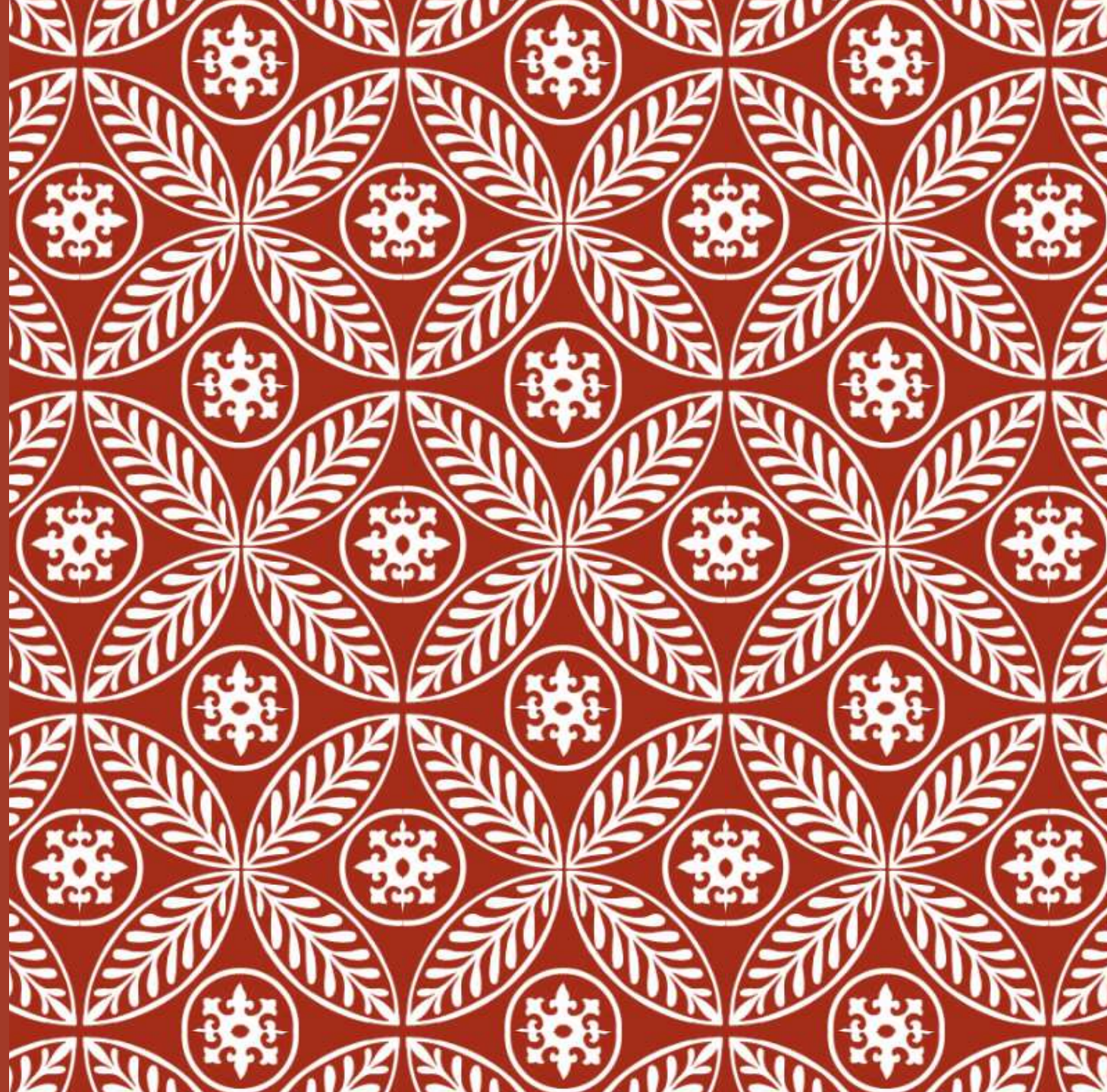
Self-Knowledge

Compassion

Living with Nature

Virtues and strengths of the mind

Departing from old forms of
knowing



“There are indeed mistakes made, through the fault of our advisors, who teach us how to debate and not how to live. There are also mistakes made by students, who come to their teachers to develop, not their souls, but their wits.

Thus, philosophy, the study of wisdom, has become philology, the study of words.”

- Seneca, *Letters from a Stoic*



WHO WERE THE STOICS?















SOCRATES

Philosophy as a way of life

To know is to know oneself

‘I know that I know nothing’

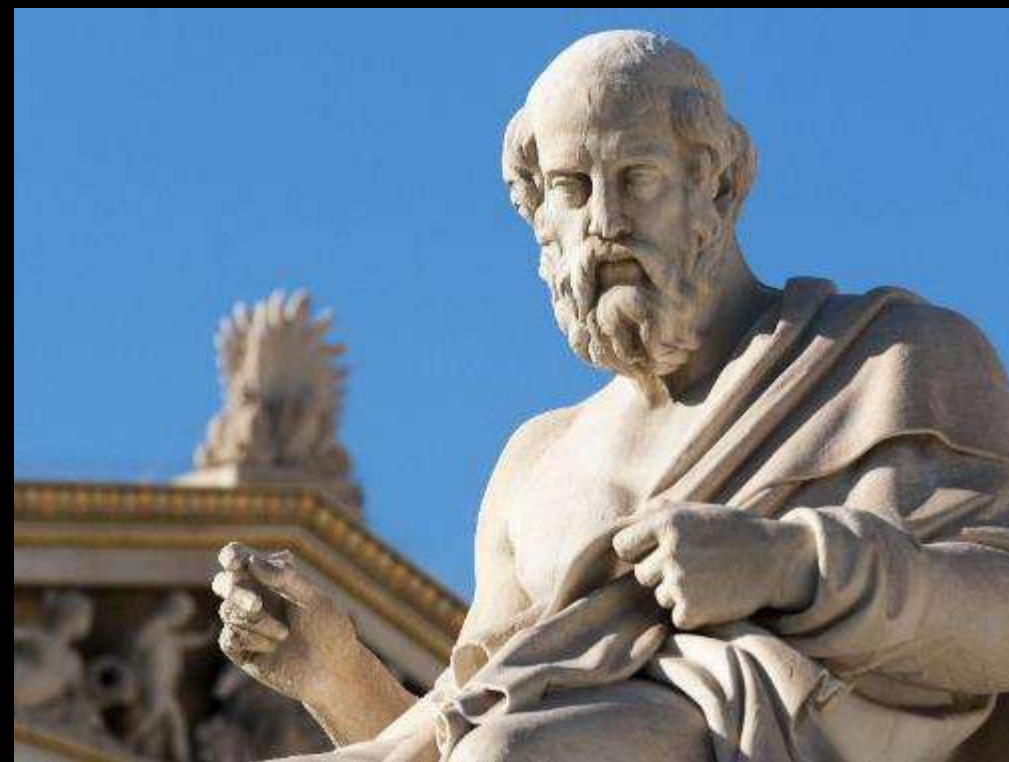
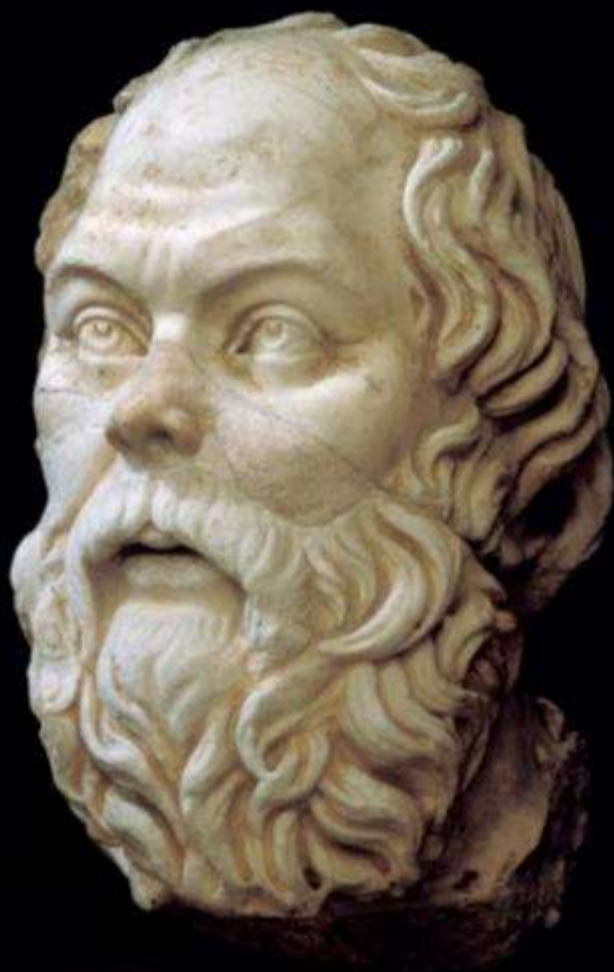
‘the philosopher more than other men frees the soul from association with the body as much as possible’ (*Phaedo*)

‘Are you not ashamed that you give your attention to acquiring as much money as possible, and similarly with reputation and honour, and give no attention or thought to truth and understanding, and the perfection of your soul?’

‘All day long, I will never cease to settle here, there, and everywhere – rousing, persuading, and reproving every one of you.’

- Socrates, in Plato’s *Apology*





SOCRATES

Philosophy as a way of life

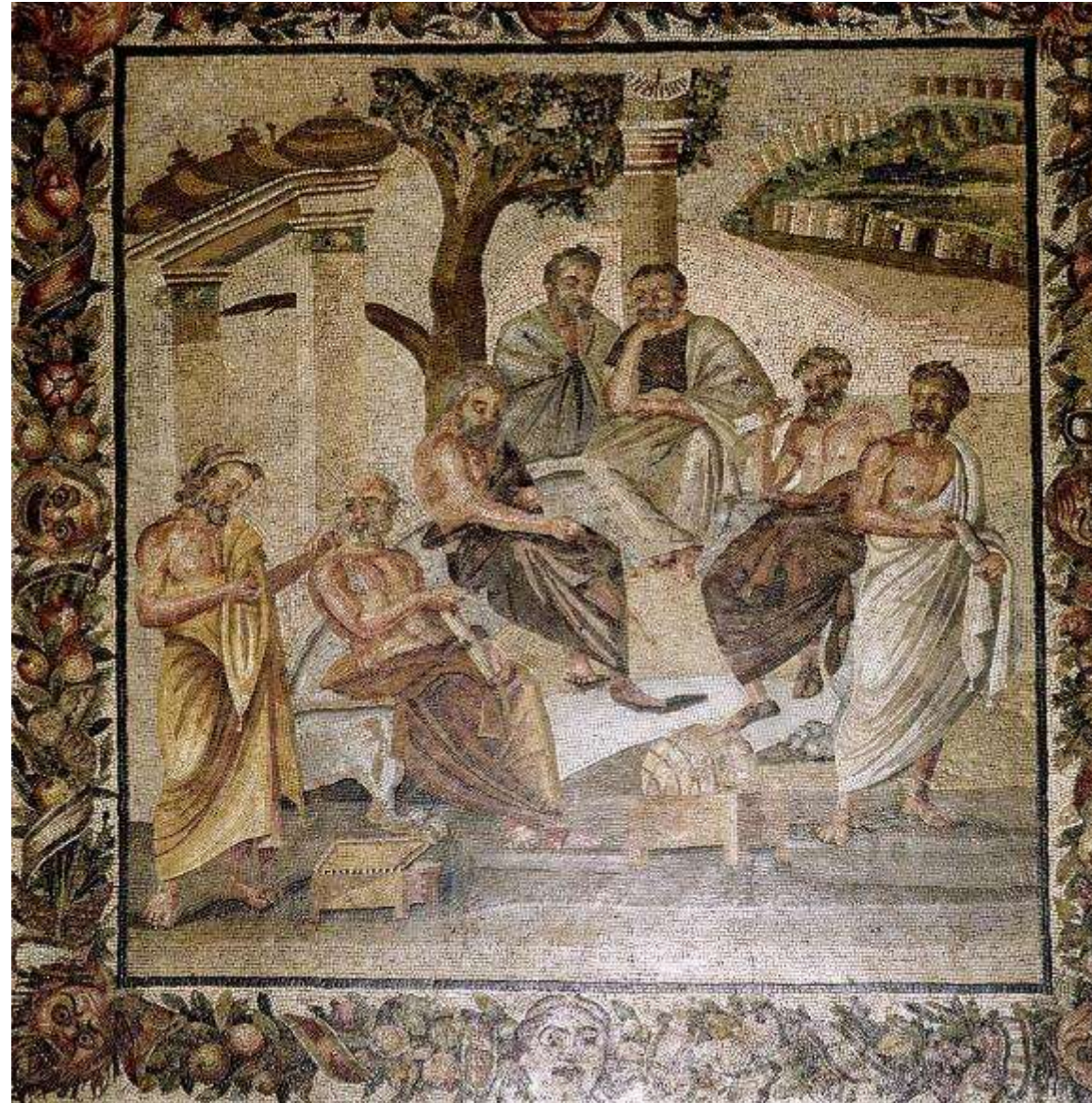
To know is to know oneself

‘I know that I know nothing’

‘the philosopher more than other men frees the soul from association with the body as much as possible’ (*Phaedo*)

Philosophy is ‘a training for dying’

A ‘good man cannot be harmed in life or in death’ (*Apology*)



THE WORLD OF GREEK PHILOSOPHY

Eudaimonia – human flourishing

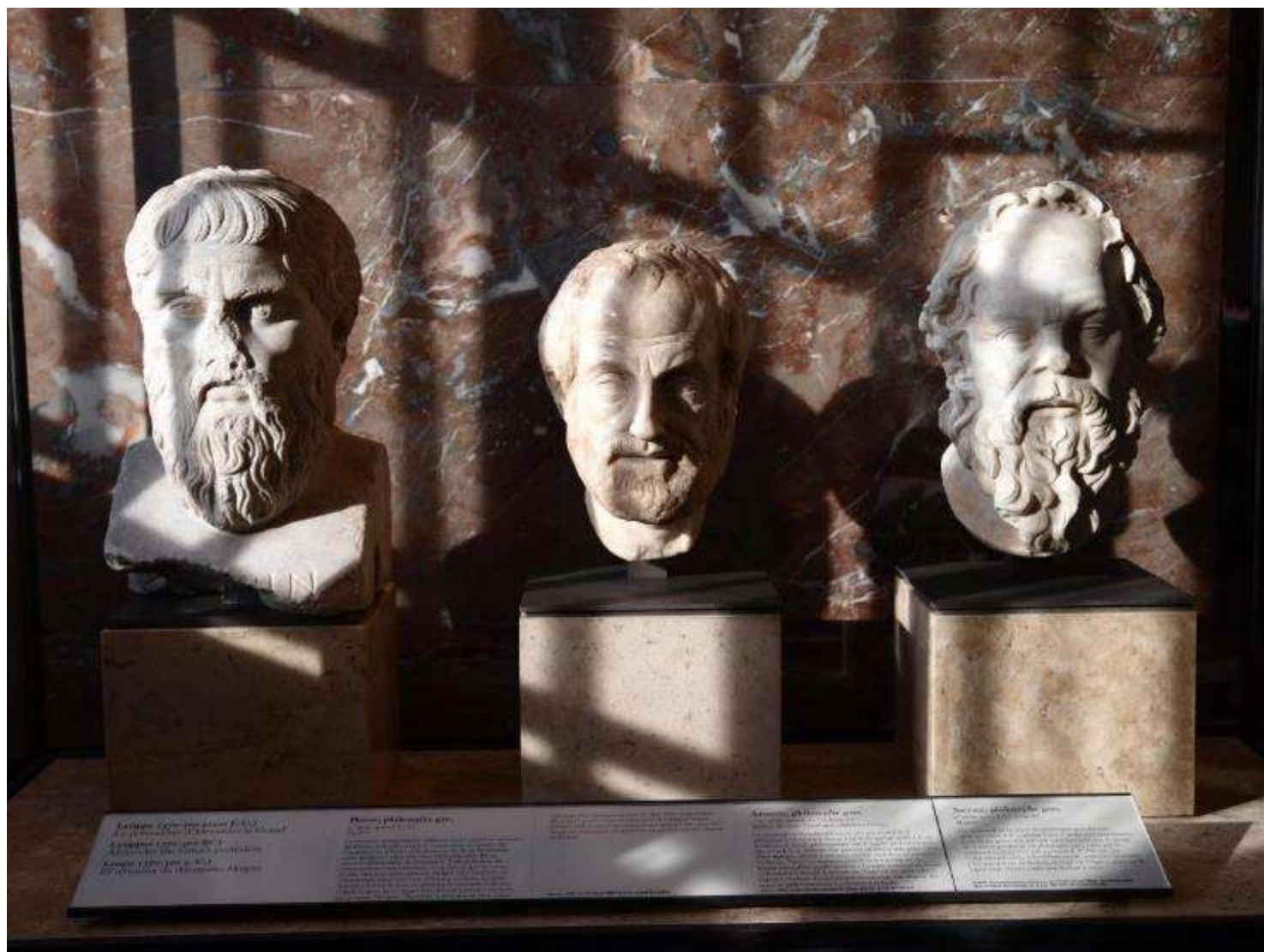
Pre-Socratics: basic elements; a world of order (Parmenides) or flux (Heraclitus)

Plato and his followers – The Academy. The Forms

Aristotle and the Peripatetics. Empirical observation, politics

Epicurus and the Garden – materialism, withdrawal, pleasure is the goal

Cynics – frugality, irreverence, living according to nature



Λύκοφρων (Lycophron) c. 350 BC
Lycophron was a Greek poet and philosopher.
He is known for his work on the natural world.
He was a student of the philosopher Aristotle.

Φερέκρας (Pherecrates) c. 400 BC
Pherecrates was a Greek philosopher and poet.
He is known for his work on the natural world.
He was a student of the philosopher Aristotle.

Αρίων (Arion) c. 400 BC
Arion was a Greek philosopher and poet.
He is known for his work on the natural world.
He was a student of the philosopher Aristotle.

Αρίων (Arion) c. 400 BC
Arion was a Greek philosopher and poet.
He is known for his work on the natural world.
He was a student of the philosopher Aristotle.

Αρίων (Arion) c. 400 BC
Arion was a Greek philosopher and poet.
He is known for his work on the natural world.
He was a student of the philosopher Aristotle.

WHERE DID THE STOICS COME FROM?

‘At the north-west corner of the agora, the great central square of Athens, stood the Stoa of Poikile, or Painted Colonnade, so called from the mural paintings by Polygnotus and other great artists of the fifth century BC that adorned it.

...

- F.C. Sandbach, *The Stoics*

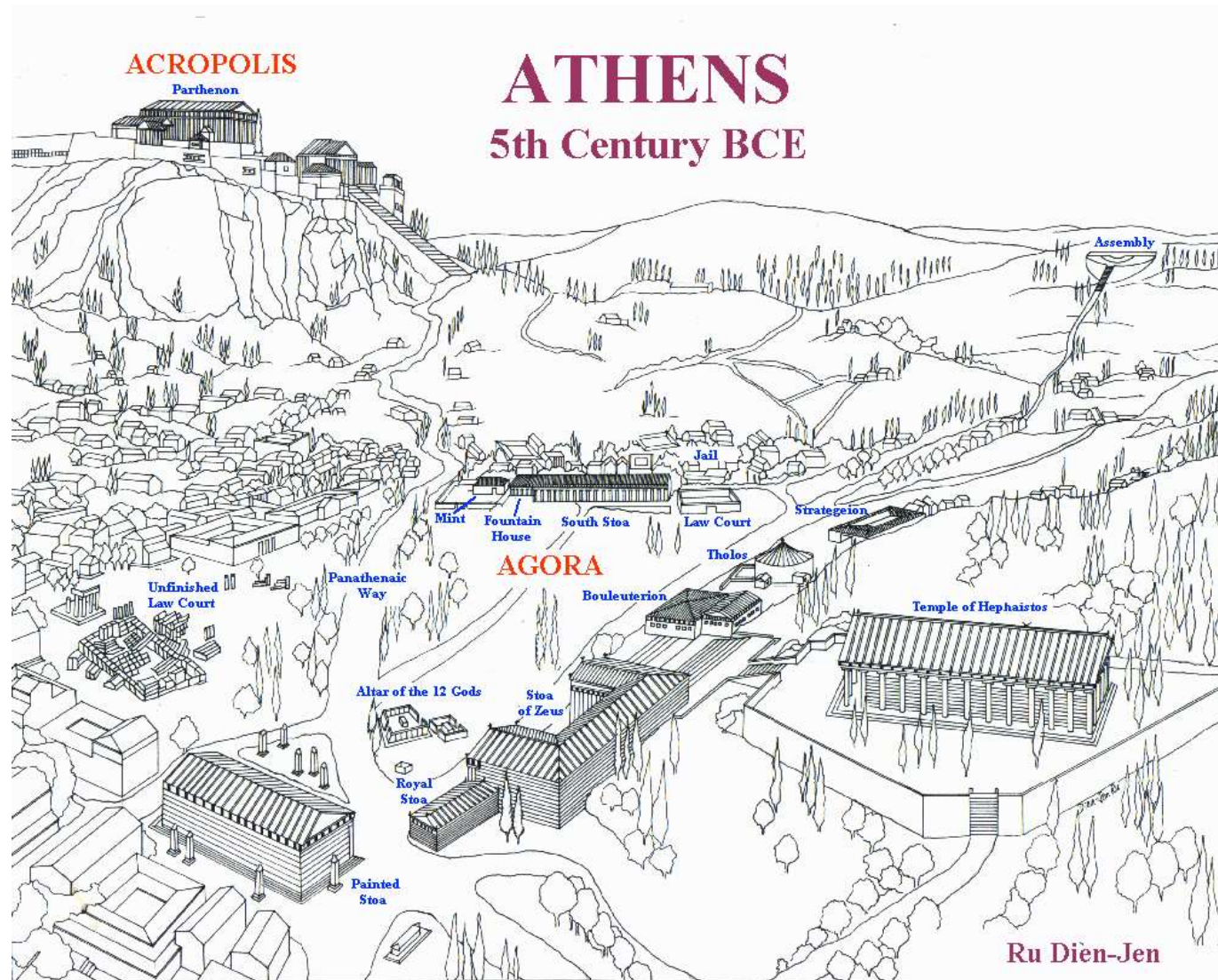


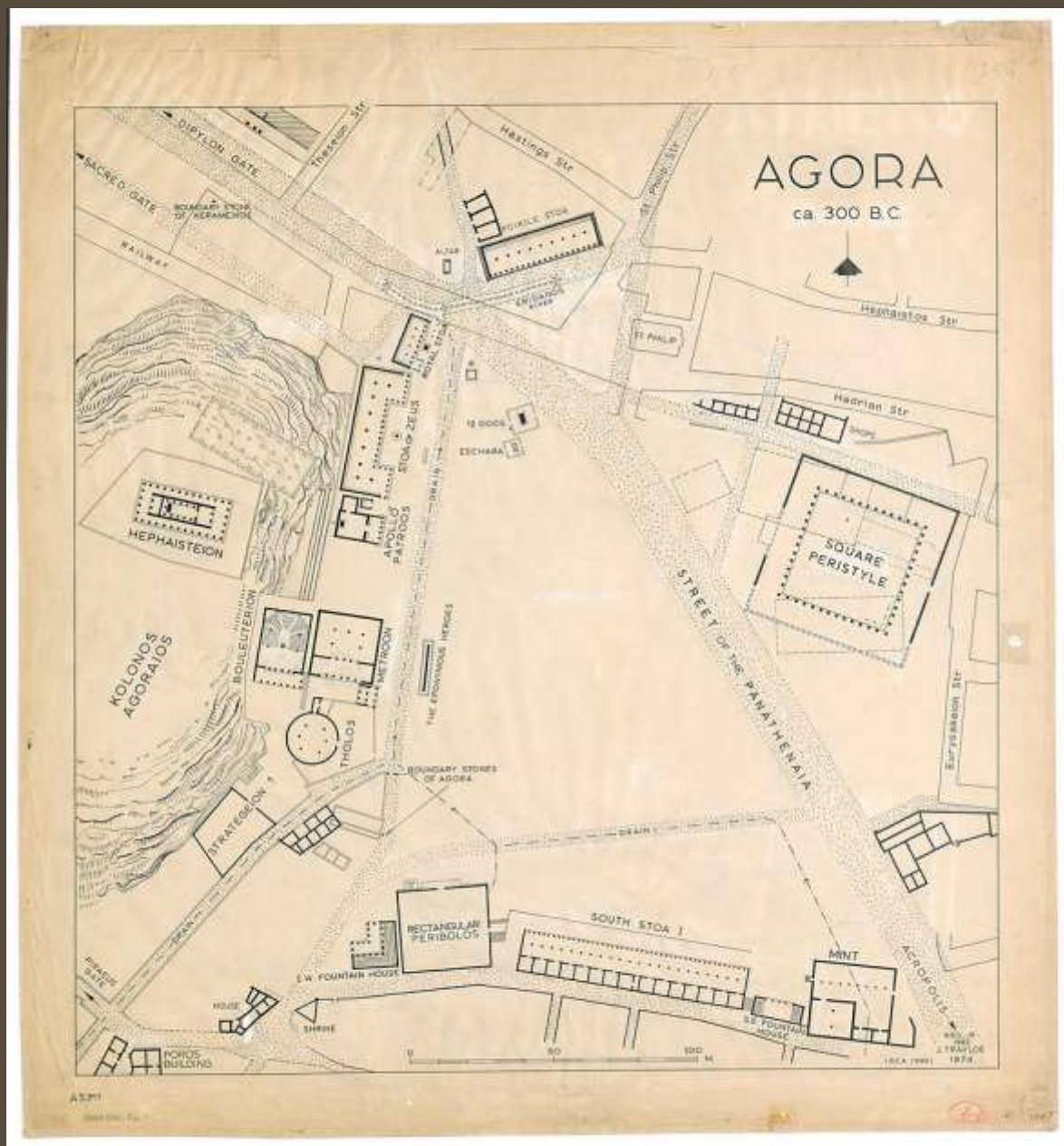
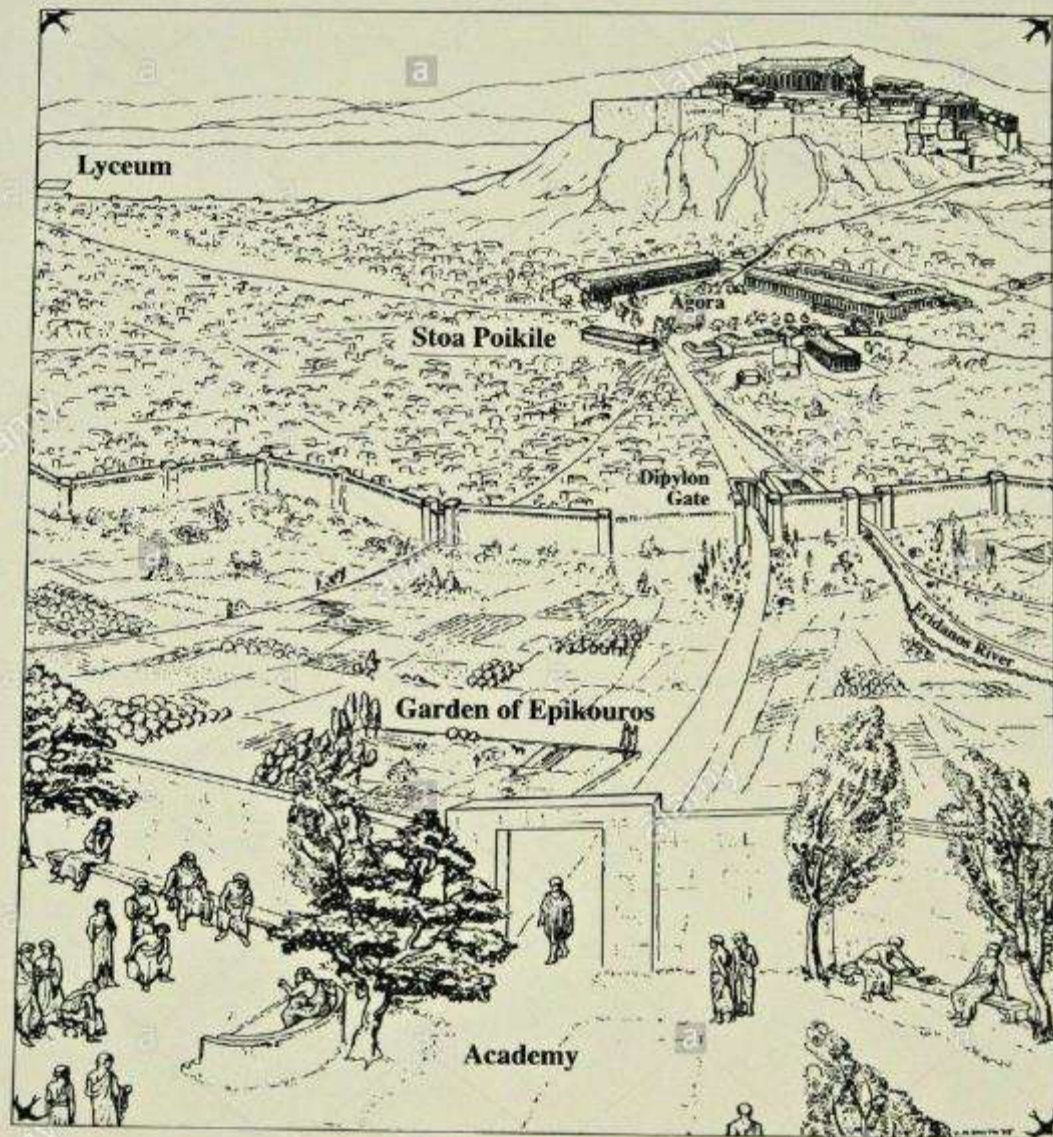
WHERE DID THE STOICS COME FROM?

‘At the north-west corner of the agora, the great central square of Athens, stood the Stoa of Poikile, or Painted Colonnade, so called from the mural paintings by Polygnotus and other great artists of the fifth century BC that adorned it.

Here, in the early part of the third century BC, could often be seen a seated figure talking to a group of listeners; his name was Zeno and his followers, first called Zenonians, were later described as “men from the Stoa” or “Stoics”

- F.C. Sandbach, *The Stoics*









WHERE DID THE STOICS COME FROM?

Philosophy in the marketplace, concerned with everyday life

Zeno of Citium, a foreigner without citizenship

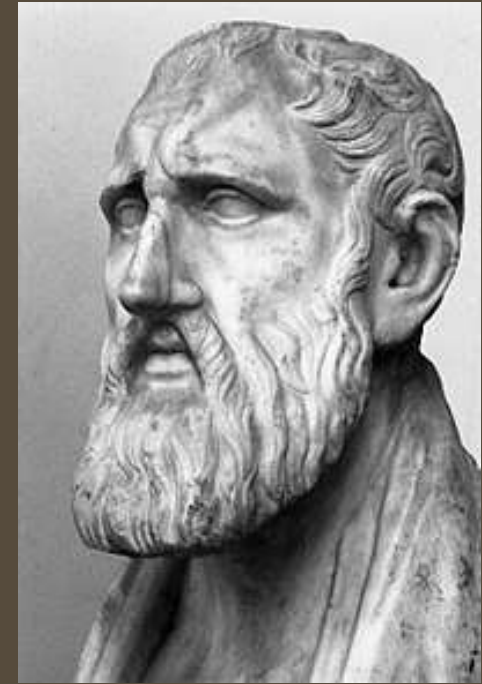
Asked the oracle what he should do to live the best life...

Answer: join his flesh with that of the dead.

Fortunately, his interpretation: read the works of the ancients

Authored many works, including a *Republic*, or ideal society based on Stoic principles of equality, with everyone living under the same laws

‘Live according to nature’



WHERE DID THE STOICS COME FROM?

Also called for the abolition of money, uniformity of dress among men and women, and attacked education, worshipping in temples

‘Zeno of Citium thought that Love was the God of Friendship and Liberty and the author of concord among people, but nothing else. Hence, he says in his Republic, that ‘Love is a God, who cooperates in securing the safety of the city’’ (Athenasius)

Let’s take a look at the description of Zeno’s ethics, which we’ll discuss in class



‘Happiness is a good flow of life’, said Zeno, and this can only be achieved through the use of right Reason coinciding with the Universal Reason (Logos), which governs everything.

A bad feeling (pathos) ‘is a disturbance of the mind repugnant to Reason, and against Nature’.

This consistency of soul, out of which morally good actions spring, is Virtue, and true good can only consist in Virtue.



Just as Virtue can only exist within the dominion of Reason, so Vice can only exist with the rejection of Reason.

Distinguished four negative emotions: desire, fear, pleasure and pain (epithumia, phobos, hêdonê, lupê), and he was probably responsible for distinguishing the three corresponding positive emotions: will, caution, and joy (boulêsis, eulabeia, chara), with no corresponding rational equivalent for pain.

All errors must be rooted out, not merely set aside, and replaced with right reason.

FOR DISCUSSION ON MONDAY

What are your first impressions of Stoicism?

What makes Stoicism different from other philosophical approaches you've encountered?

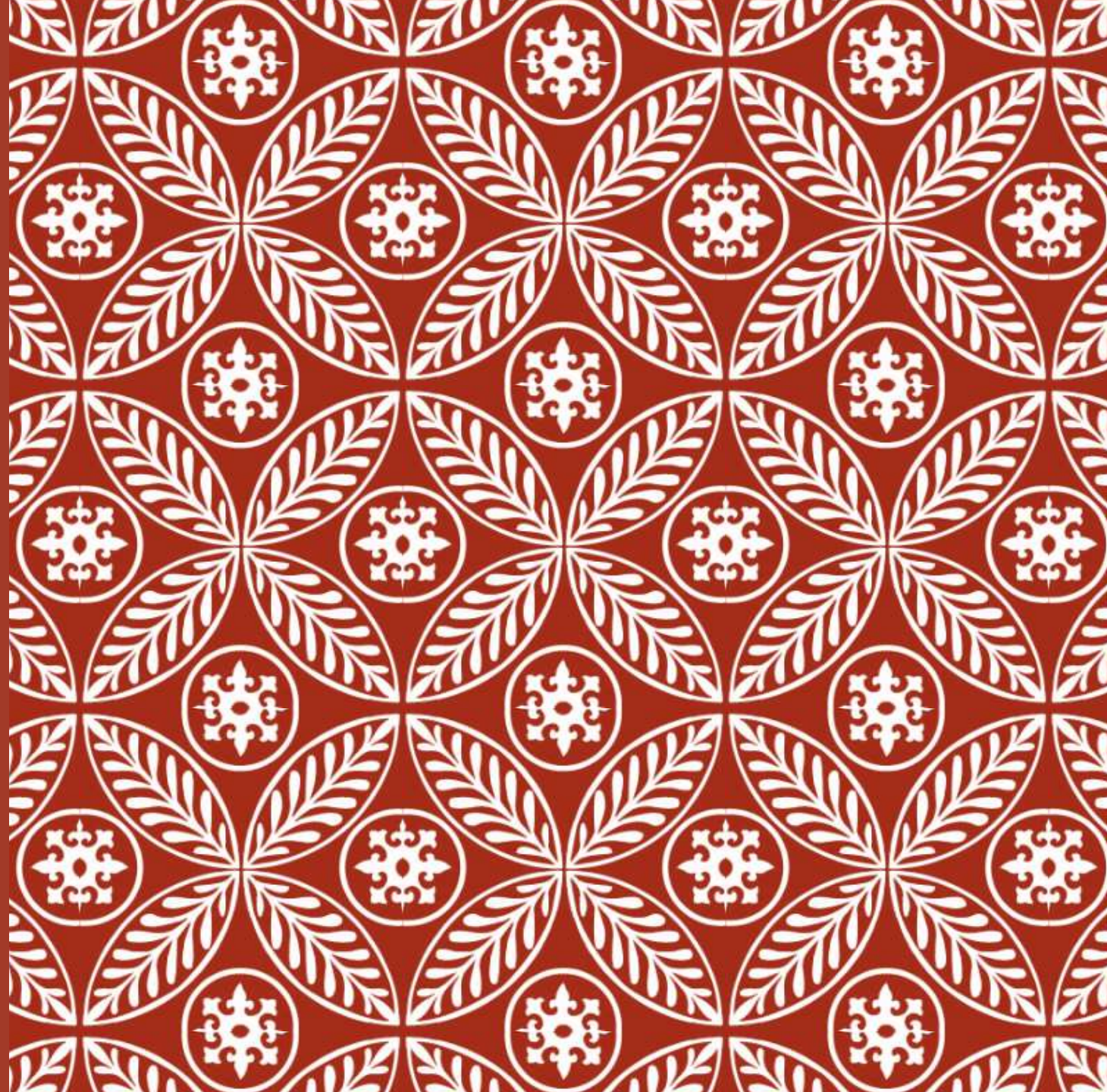
What would you like to get out of this course?

Discussion: 1pm-3pm. I will email you a Zoom link

FINAL THOUGHT

‘It is not things that trouble us, but
our judgements about things’
(Epictetus)

‘Constant misfortune, brings this one
blessing: Those whom it always
assails, it eventually fortifies’
(Seneca)



TASKS FOR NEXT WEEK

1. Get onto Moodle and look around
2. Take a look at the readings from Diogenes Laertius and Cicero on the ideas of the Early Stoics
3. Get hold of a good guide to the Stoics, or listen or read 2-3 introductory articles

For anything, email Dan.Taylor@marywardcentre.ac.uk