

Below are some quotations from Marcus to consider for discussion.

*Book V*

2. How easy it is to repel and to wipe away every impression that is troublesome or unsuitable, and immediately to be in all tranquility.

7. A prayer of the Athenians: *Rain, rain, O dear Zeus, down on the ploughed fields of the Athenians and on the plains.* In truth we ought not to pray at all, or we ought to pray in this simple and noble fashion.

10. . . . what there is that is worth being highly prized or even an object of serious pursuit, I cannot imagine.

11. About what am I now employing my own soul?

17. To seek what is impossible is madness, and it is impossible that the bad should not do something of this kind.

20. . . . for the mind converts and changes every hindrance to its activity into an aid; and so that which is a hindrance is made a furtherance to an act; and an obstacle on the road helps us along this road.

22. In the case of every appearance of harm, apply this rule: if the state is not harmed by this, neither am I harmed.

30. The intelligence of the universe is social.

31. Consider if you have hitherto behaved to all in such a way that this may be said of you: "Never has he wronged a man in deed or word."

33. Soon, very soon, you will be ashes or a skeleton, and either a name or not even a name.

*Book VI*

6. The best way of avenging yourself is not to become like the wrongdoer.

10. And why do I care about anything else than how I shall at last become earth?

16. What then is worth being valued? To be received with clapping of hands? No. Neither must we value the clapping of tongues, for the praise that comes from the many is a clapping of tongues.

30. There is only one fruit of this earthly life, a pious disposition and social acts.

34. How many pleasures have been enjoyed by robbers, patricides, tyrants.

36. . . . all the sea is a drop in the universe; Athos is a little clod of the universe: all the present time is a point in eternity. All things are little, changeable, perishable.

43. Does the sun undertake to do the work of the rain, or Aesculapius the work of the fruit-bearer (the earth)? Isn't each star different yet working with the others toward the same end?

52. It is in our power to have no opinion about a thing and not to be disturbed in our soul; for things themselves have no natural power to form our judgments.