

Practical exercises: PD1

Post by "Cassius" of July 8, 2021 at 10:40 AM

First:

[Quote from Godfrey](#)

My guess is that, in antiquity, this was accomplished through personal instruction and daily interaction in the garden. **Lacking such a framework today....**

Yes we lack the ability to live / work in close quarters in a single location in a single city, but we do have the option of interacting relatively closely on the internet, so we should work on ways of increasing that involvement.

More to the point of the main issue:

[Quote from Godfrey](#)

Specifically, be mindful of times when you are being affected by anger or favor. Experience these conditions, reflect without judgment, and carry on.

It is an interesting question to me whether it's absolutely clear that we (as humans) should wish to be totally unaffected by anger or favor, as I don't think that it's as direct an analysis to say that these **necessarily** imply weakness in the human context. My reading of the situation of the gods is that the intermundia and the gods' control over it allows them to experience totally uninterrupted pleasure, without any mixture of pain, and therefore it would imply weakness in them inconsistent with their nature if they experienced gratitude or anger.

With us as humans, however, our nature requires that we participate in life and we're naturally going to run into experiences that can (and should!) generate anger and gratitude. We need to respond appropriately and not let things go further than they should, but I doubt it really makes sense to think about all anger or gratitude as signifying weakness in humans. To take such a position would probably pretty much constitute the essence of Stoicism, wouldn't it?

In fact, in DL there is the saying that the wise man will experience more deeply than others, and this will not hinder his wisdom (if I recall correctly).

So this is a good exercise but we probably need to point out this kind of thing at the very beginning of it.