

New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Kalosyni" of January 8, 2023 at 1:09 PM

Some thoughts on [PD39](#)...since it has come up in this thread...and apparently I am incorrectly interpreting the meaning of this PD.

"The man who has best ordered the element of disquiet arising from external circumstances has made those things that he could akin to himself, and the rest at least not alien; but with all to which he could not do even this, he has refrained from mixing, and has expelled from his life all which it was of advantage to treat thus." [PD39](#) (Bailey)

"The person who has put together the best means for confidence about external threats is one who has become familiar with what is possible and at least not unfamiliar with what is not possible, but who has not mixed with things where even this could not be managed and who has driven away anything that is not advantageous." [PD39](#) (St. Andre)

This is one in which it would be good to be able to directly translate from the original. Here is how I interpret this PD regarding "external circumstances". There is a chance that an astroid will hit earth and cause an apocalypse. Also, a coronal mass ejection (CME) could wipe out all electrical systems, satellites, and the internet.

So I see this PD as dealing with threats and how you make peace with these threats -- the understanding of those threats -- what is true and what is not true about those threats. About a year and a half ago, my mom was telling me that an astroid was soon going to hit the earth. Her Christian friend had given her "reliable" information about the Apophis astroid, and that scientists had made an error in their calculations -- that the astroid was going to definitely hit earth. But instead of taking any "bait" on this, I calmly replied: "Oh that's interesting", and proceeded to do research about an nearby astroids. After my research, I was sufficiently reassured regarding the unlikelihood of an astroid collision. (Also knowing that there is a still a future chance of impact by an astroid, but not for a long time to come).

Regarding coronal mass ejections, I also researched this, but what I learned was not encouraging -- there is a high likelihood of this causing problems if/when it occurs, and at what level of intensity. So this is one in which we should be ready to recognize the signs of this and realize how it will affect all of us -- and make peace with it. Enjoy life now, prudently, knowing that the continuance of life has uncertainties.

So I see this as expelling mis-information and understanding the natural world.