

Polystratus - Main Biography

Post by “Don” of January 25, 2024 at 6:18 AM

This is of great benefit! Thanks for your work! I especially like:

"this is what I believe to be the work of prudence, to dispel the vain turmoil caused by dreams and signs."

"simply to remove those things which disturb without reason, which cannot be done without having examined and known that the things causing the disturbance are false"

"Always, but only to care for health; for if one is healthy, they will not be troubled by any of those things which now cause them distress. 'For indeed,' you will say, 'I know this and want this and think this.'"

'τοῦτ' οἶδα καὶ τοῦτο βούλομαι καὶ τοῦτ' οἶ'

(That last line is almost as good a motto or slogan or aphorism as the Tetrapharmakos in my opinion)

"Only through correctly engaging in the study of nature about all these matters is it possible to grasp the truth. "

τὸν ἐλεύθερον βίον "a free life" ton eleutheron bion - I like that description of the Epicurean path!

And I'm only up to page 19! You've given me something to dig into! Thanks for the work and the inspiration!!