

Welcome Eyala

Post by "Eyala" of March 4, 2025 at 1:34 PM

Hello Martin 😊

I will shun politics.

To your question Titus.

Plato gave me the conviction that the truth is out there. So I kept reading and writing to try and get to the bottom of it.

I relied on Epictetus Discourses as a manual of how to act. I differentiated between what is within my realm and what not. I used the techniques he described to regulate my feelings.

I got into a zen like mode. Stopped dreaming, was quite happy and tolerant. Read wrote as I said.

Didn't use memento mori much. Did think much about virtue and tried to act accordingly. Did try to understand what is the human nature.

Still, these techniques are problematic if you over extend them. Memento mori is tyrannic and embracing it is - taking the lights out. I guess a stoic perish is necessary for practitioners.

I could quote most of that book back then and lots of Plato's dialogues.

I enjoyed an oceanic feeling for about two years. In the 4 year huge cracks appeared (if you want to be happy believe 😊 I sought the truth)

After 5 years I had a Daoist period... and then a vacuum.

Seneca is nice and wide but I found Epictetus a good guide - concise and precise with a beautiful prose (he speaks of humans as sparkles of the deity and calls everyone to sing with in old man the praise of god - it was very beautiful in the Hebrew translation). I think it is an interesting read, and its introduction might offer a critical reading. Meaning - the "dogma" is a choice Epictetus offers. I have to look for it to make sure I'm right.

Plato's importance for me was in the field of epistemology and ontology. The stoic ontology as far as I remember is quite simple - Heraclitus fire which the sage will ride out. Plato meshes well and supplies beef to the skeleton.

Hope this satisfies you. Have a good reading 😊