

THE LOFTY MIND

Seneca, "On Anger"



"There is no more reliable proof of greatness than to be in a state where nothing can happen to make you disturbed. The higher part of the universe, being more ordered and near to the stars, is not condensed into cloud, or driven into storms, or spun into any whirlwind; it is free from all disorder ...

The lower parts are where the lightning flashes.

In the same way, a lofty mind, always composed and established in a peaceful location, suppresses all that produces anger, and so is moderate, well ordered, and earns respect, none of these things will you find in an angry person."