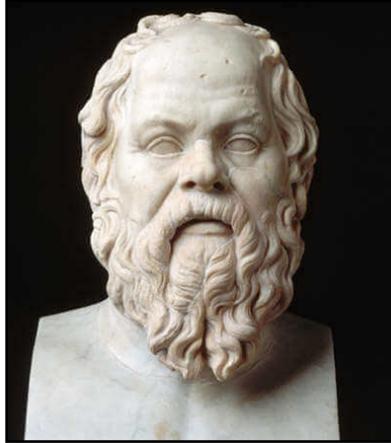


# Being Human

## The Stoic Perspective



**Body** (physical, material vessel carrying the soul)

**Mind/Soul** (logos: rationality/psyche: animating force)

**Spirit** (pneuma: breath, air-material)

“Two elements are combined in our creation, the body, which we have in common with the beasts, and reason and good judgment, which we share with the gods.”

~Epictetus, Discourses, Book 1:3

“The universe, being made up of all there is, is one, and the Divine who permeates everything is one, and there’s one reality, one law, one reason that’s common to all intelligent creatures, and one truth.”

~Marcus Aurelius, Meditations, Book 7:9

“In Stoic physics, the bond that unites everything is **pneuma**, spirit, which permeates and steers all things. [It can be called God] ... It permeates material things so thoroughly that it and they are separable only in thought, not in reality.”

~Robin Waterfield comment on Book 7:9