

# Passing The Stoic Torch

## The Living Practice of Philosophy

**Musonius Rufus** (c. 30 C.E.- c. 101 C.E.)—*Teacher of Epictetus*

“. . .the human being is born with an inclination toward virtue. And this indeed is strong evidence of the presence of goodness in our nature. . .”

“For surely there is no other end in becoming good than to become happy and to live happily for the remainder of our lives.”

“The study of philosophy is nothing else than to search out by reason what is right and proper and by deeds to put it into practice.”

**Epictetus** (55-135 C.E.)

“Rufus used to say, ‘If you’ve got nothing better to do than praise me, my speaking is a waste of time.’”

(Discourses, Book 3:23:29)

**Marcus Aurelius** (121-180 C.E.)—*Student of Epictetus*

“If human beings exist to help one another, you must either instruct them or put up with them.”

(Meditations, Book 8:59)

“If you’ve done someone good, what more do you want? Aren’t you satisfied with having acted in conformity with your nature? . . . Because human beings were made to do others good, when a person does something that benefits someone else, they are doing what they were made for, and are fulfilled.”

(Book 9:42)

“No more abstract discussions about what a good person is like: just be one!”

(Book 10:16)

“If it’s not right, don’t do it; if it’s not the truth, don’t say it.”

(Book 12:17)

“Set your sights on no other goal but the common good.”

(Book 12:20)