

PERSPECTIVE

Marcus Aurelius



"Honor the greatest power in the universe; everything and everyone are its instruments and subjects. By the same token, honor the greatest power in yourself as well. It's the same in kind as that universal power, since the same goes for you too: all your parts are its instruments and your life is under its direction ... Remind yourself at frequent intervals how quickly things and events are carried past and swept away.

Reality is like an endlessly flowing river, its activities constantly changing ... In these circumstances, isn't it just sheer stupidity for you to get angry, agitated, or aggrieved, as though anything lasted any amount of time and could irritate you for long?"

Meditations, Book 5:21, 23