

How to gain our true liberty



With God's grace, you will gain your true liberty: you will have power over your mind – not outside events. Realize this, and you will find strength.

Waste no more time arguing about what a good man should be. Be one.

It is crucial in order to advance to be thankful to my ancestors and remember what they learnt me.

From my grandfather Verus I learned good morals and the government of my temper.

From the reputation and remembrance of my father, modesty and a manly character.

From my mother, piety and beneficence, and abstinence, not only from evil deeds, but even from evil thoughts; and further, simplicity in my way of living, far removed from the habits of the rich.

From my great-grandfather, not to have frequented public schools, and to have had good teachers at home, and to know that on such things a man should spend liberally.

From my governor, to be neither of the green nor of the blue party at the games in the Circus, nor a partisan either of the Parmularius or the Scutarius at the gladiators' fights; from him too I learned endurance of labor, and to want little, and to work with my own hands, and not to meddle with other people's affairs, and not to be ready to listen to slander.

Based on Marcus Aurelius (based on his notes which were never meant to be published)

