

STOA ON THE WALL: THE EMOTIONS

[TALK]

Date

Thursday 22nd June 2023
10am until 11am

Venue

Hexham Community Centre
Gilesgate
Hexham
Northumberland
NE46 3NP

Fee

£5

Level

Beginners to Intermediate

Description

For the Stoics, the emotions (or 'passions') were of great concern. They did not seek to repress their emotions, but rather to cultivate the 'healthy' ones and overcome the 'harmful' ones. Seeing 'harmful' emotional reactions as the result of faulty value judgments, they retrained their minds to seek what is intrinsically 'good'.

Suggested Reading

Letters from a Stoic by Seneca (translated by Robin Campbell) & *Meditations* by Marcus Aurelius (translated by Martin Hammond)

Booking

To book a place on this talk, please email darrenharper.esq@gmail.com

N.B. This is part of the Stoa on the Wall project, which seeks to share Ancient wisdom for fulfilment, wellbeing and Happiness.

darrenharper.net