

# STOA ON THE WALL: THE EMOTIONS

[TALK]

## Date

Thursday 22nd June 2023  
7pm until 8pm

## Venue

Morton Manor Community Centre  
Wigton Road  
Carlisle  
Cumbria  
CA2 6JP

## 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](mailto: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.

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