

STOA ON THE WALL: THE EMOTIONS

[ON-LINE TALK]

Date

Monday 12th June 2023. 7.30pm until 8.30pm [18:30 until 19:30 UTC]

Venue

On-line / Zoom

Fee

5 GBP | 6 EUR | 6 USD | 8 CAD

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.

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