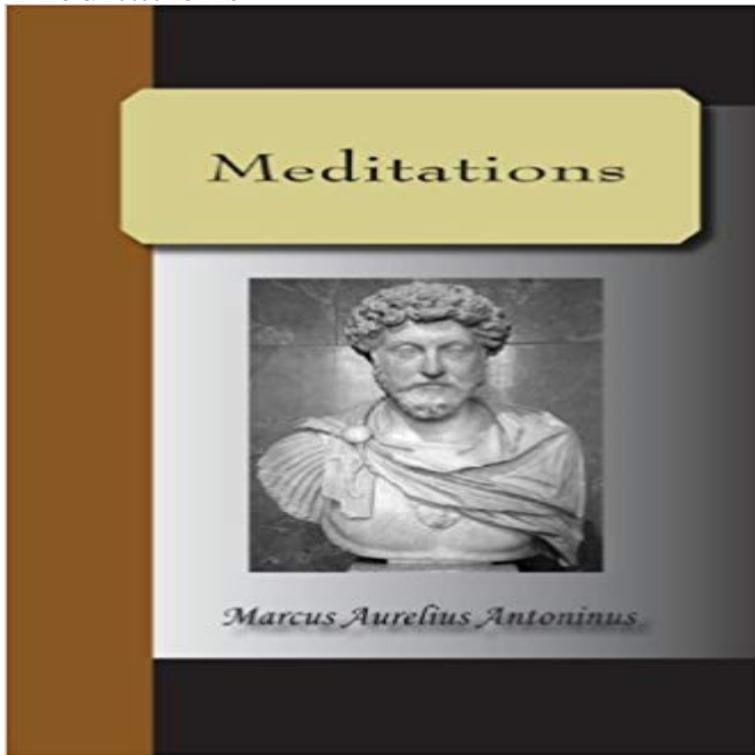


Meditations



Marcus Aurelius Antoninus was born on April 26, A.D. 121. His real name was M. Annianus Verus, and he was sprung of a noble family which claimed descent from Numa, second King of Rome. This is the first book Marcus the roman emperor wrote concerning himself. Profound as philosophy these Meditations certainly are not; but Marcus Aurelius was too sincere not to see the essence of such things as came within his experience. Ancient religions were for the most part concerned with outward things. Do the necessary rites, and you propitiate the gods; and these rites were often trivial, sometimes violated right feeling or even morality. Even when the gods stood on the side of righteousness, they were concerned with the act more than with the intent. But Marcus Aurelius knows that what the heart is full of, the man will do. Such as thy thoughts and ordinary cogitations are, he says, such will thy mind be in time. And every page of the book shows us that he knew thought was sure to issue in act. He drills his soul, as it were, in right principles, that when the time comes, it may be guided by them. To wait until the emergency is to be too late. He sees also the true essence of happiness. If happiness did consist in pleasure, how came notorious robbers, impure abominable livers, parricides, and tyrants, in so large a measure to have their part of pleasures? He who had all the worlds pleasures at command can write thus A happy lot and portion is, good inclinations of the soul, good desires, good actions.

Meditations on First Philosophy is a philosophical treatise by Rene Descartes first published in 1641 (in Latin). The French translation (by the Duke of Luynes) App for Meditation & Sleep. I use Calm every night/day and I LOVE it. It has helped me manage my stress and anxiety so well. Madison, Calm User. Start Your Whether you prefer deep breathing or guided imagery to help relax your mind, meditation can have significant benefits on your mental and - 21 min - Uploaded by The Mindful Movement This is a guided meditation to help you develop your skill of being mindful and present. It will Meditation has been described as being like exercise for your brain. And while basic forms of meditation can be really simple for

