

Meditations for Gen Z

By Marcus Aurelius

Translated by Vernon Wharff

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Foreword

Shout out to my friend Amir, who brought up the idea of creating an adaption of Meditations in Gen Z slang. I asked if I could run with the idea, and he gave me his blessing.

I first read Meditations after watching the Paul Giamatti led film, “The Holdovers.” I heard of Marcus Aurelius and Stoicism in prior years, but never really gave serious consideration to picking up a copy of his writings. As I reflect on the original text, it struck me as one of the meaningful collections of wisdom on life, relationships, and purpose. If you’re not religious, this should be your bible. Aurelius’ words help me to see and grow, they are poetry.

My goal with this adaptation was to first and foremost have fun with it. If you’re looking for a serious adaptation of Marcus Aurelius’ Meditations I suggest purchasing a copy of “Meditations: The Annotated Edition” translated by Robin Waterfield. It provides

extensive annotations and the wording is extremely relatable. You should not under any circumstances trust my translation to capture the nuance of Marcus Aurelius's teachings. I did my best to get his main points across for every verse.

The second, and much more important, goal is to introduce a wider audience to Stoicism. Particularly as we navigate a world where religion is playing less of a role in our society. People are seeking a connection to a higher purpose and the universe, and we find this manifesting itself in many different ways. The philosophy of Stoicism is just one of many non-religious ways to achieve a well-lived life.

I sincerely hope you enjoy this read and share it with others in your life. Take these verses and send them to a friend. You'll be surprised how many will apply to the occurrences and situations in your day-to-day life.

Introduction

Yo, check it - Marcus Aurelius Antoninus, the OG Roman Emperor, was born on April 26, 121 AD. His fam was all about that royal lineage, tracing back to Numa, one of the first kings of Rome. But even though his 'rents kicked the bucket when he was young, he still kept them close to his heart. His grandad, the big-time consul Annius Verus, raised him to be a real chill, low-key dude. And the Emperor Hadrian himself saw that Marcus was HIM and hooked him up with that equestrian rank when he was six. And by eight, he was made a member of the ancient Salian priesthood.

So get this - Marcus' aunt, Annia Galeria Faustina, was married to this dude Antoninus Pius, who ended up becoming emperor. That's how Marcus got hooked up - Antoninus had no son, so he adopted Marcus and even had him betrothed to his own daughter, Faustina.

The kid was straight-up blessed when it came to his education too. They got the best teachers money could buy and had him on that strict Stoic philosophy grind. Dude was all about living simply and keeping it real, none of that soft, luxurious stuff. They even had him doing hardcore training, like wrestling and hunting - even though he was a little sickly, he still showed mad courage going up against the gnarliest boars.

At the same time, they kept him away from all the crazy antics going on in Rome back then. The big craze was this faction stuff in the circus, where people would go wild supporting their favorite racing teams and their different colors. Total mayhem, with riots

and all kinds of shady business going down. But Marcus, he steered clear of that nonsense, staying true to his principles.

In 140 AD, Marcus was straight-up killin' it as consul. He got hitched to Faustina a few years later and they had a kid before long. The dude was raking in all kinds of imperial honors after that. Then in 161 AD, Antoninus Pius kicked the bucket and Marcus became the emperor, teaming up with L. Ceionius Commodus as his co-ruler. But they had to deal with some wild stuff right off the bat - Vologeses III of Parthia was wildin' out, taking down a whole Roman legion and invading Syria in 162 AD. Verus got sent to handle that mess, but he ended up just partying instead of fighting. Meanwhile, Marcus had to face an even bigger threat from some hardcore barbarian tribes up north. Things were rough back in Rome too, with food shortages and a nasty plague brought back by Verus's troops. But Marcus stepped up, selling the imperial bling to help feed the people. Then the dude went to war himself, crushing those barbarian tribes. Verus ended up kicking the bucket in 169 AD, but Marcus was the real commander-in-chief and he pulled off the win thanks to his skills and his smart choice of lieutenants, especially this dude named Pertinax. There were some epic battles, and one of them even had this legendary "Thundering Legion" thing going on - a wild storm supposedly helped the Romans out against the Quadi. Crazy stuff, right?

Yo, so after Marcus had to deal with all that wild drama, things were about to get even crazier. This dude Avidius Cassius, who was a total boss on the battlefield during the Parthian wars, was running the eastern provinces at the time. Somehow, Cassius got it in his head that he should just crown himself emperor the moment Marcus kicked the bucket, since the OG was already looking a little sickly.

So when word spread that Marcus had passed away, Cassius went ahead and made his move, declaring himself the new top dog. But when Marcus caught wind of this betrayal, he was like "oh hell nah!" He immediately made peace with whoever he was beefing with and booked it back to Rome to shut down this coup attempt.

Marcus was super bummed that he had to go to war against one of his own dudes, but he wasn't about to let Cassius just snatch the throne. He even gave Cassius mad props, saying he was a skilled guy and that he hoped Cassius wouldn't do anything rash before Marcus could pardon him. But before Marcus could even make it to the east, Cassius realized the OG emperor was still kicking and all his supporters dipped. Cassius ended up getting murked by his own crew.

When Marcus finally arrived, some of Cassius' killers brought the dude's head as a grisly trophy, but Marcus was disgusted and refused to even look at it. Cold. Meanwhile, during all this chaos, Marcus' wife Faustina passed away, which had to be a huge emotional blow on top of everything else.

After celebrating a triumphant return to Rome, Marcus headed back out to Germany to handle more barbarian invasions. He got the job done, but all the stress and battles had taken a massive toll on his health, which was never great to begin with. The dude ended up dying in 180 AD in the province of Pannonia.

On top of all the political turmoil, Marcus had to deal with some heavy personal tragedies too. Faustina had given birth to several kids that Marcus adored, but one by one they all passed away until only the future emperor Commodus was left. And we all know how that dude turned out - a total waste who undid all of Marcus' hard work with his garbage leadership.

There were even rumors that Faustina had been unfaithful and conspired with Cassius against Marcus, but those were clearly just lies. Marcus loved his wife and never doubted her loyalty for a second. The dude had been through enough without having to question the one person closest to him.

Bruh, Marcus was a straight-up beast on the battlefield - dude knew how to get the job done and came out victorious. But he wasn't just a one-trick pony, nah. When it came to running the show, Marcus was all about keeping it real and doing what needed to be done. He didn't try to reinvent the wheel or anything, just followed the path laid out by his predecessors and did his duty to the fullest.

Sure, he made some questionable moves here and there, like making Verus his co-emperor - that was a risky play that could've gone sideways real quick. And he may have centralized things a bit too much with the civil administration. But where Marcus really shined was in serving up that sweet, sweet justice.

Dude was all about protecting the little guys, making life easier for the slaves, and being a father figure to those without pops. He even set up charities to raise and educate poor kids, talk about a real one! The provinces were safe from oppression under his watch, and if any city or region got hit by some crazy disaster, Marcus was there with the public aid. Dude had their backs, no cap.

Bruh, the real stain on Marcus' rep though, and it's a tough one to justify, was how he treated the Christians during his reign. Dudes like Justin in Rome and Polycarp in Smyrna got straight-up martyred for their faith, and we know there were mad other outbreaks of fanatic persecution in the provinces that took out hella faithful peeps. It's no excuse to say Marcus didn't know about the atrocities going down in his name - as the emperor, it was his job to know what was happening, and if he didn't, he'd have been the first to admit he dropped the ball on that duty. From his own words about the Christians, it's clear he only knew them through some whack rumors and didn't bother to make sure they got a fair shake.

As for the Stoic philosopher Chrysippus¹, it was said of him that...

"But for Chrysippus, there had been no Porch."

The Stoics were all about that deep thinking, but they weren't just philosophizing for the fun of it. Nah, for them, all that mental gymnastics was a means to an end, feel me? And that end, as the OG Zeno put it, was to live consistently - or as they later broke it down, to live in harmony with nature. That whole "conforming your life to nature" thing was their idea of true virtue.

But don't get it twisted, they weren't saying you should just give in to every urge and impulse. That's not what they meant at all. To really live in sync with nature, they knew you had to first understand what nature's deal was, ya dig? So they split philosophy into three parts: Physics, to study the universe and its laws, the bigger questions about divine order and purpose; Logic, to train your mind to separate facts from BS; and Ethics, to apply all that knowledge to how you actually live your life. Real deep stuff, but they were trying to make it practical too.

Yo, the Stoics had this wild idea that the whole material world was the real deal, but there was also this spiritual force flowing through it all, keeping everything in check. They saw the universe itself as this divine being, with all the different gods just being different sides of that overarching cosmic force. And get this - they thought the human soul was like a little piece of that divine principle that ruled over everything, an emanation from that universal life force. So in their view, the goal was for virtue to guide

¹ Chrysippus (279 – 206 BC), the renowned Stoic philosopher, was known for his prolific and influential writings on ethics, logic, and natural philosophy. His works were so voluminous and complex that it was said "if the gods were to use the written word, they would use the language of Chrysippus."

and control the individual, just like divine Providence guided the workings of the entire universe. Deep stuff, right?

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Yo, when it came to logic, the Stoics had this wild take, right? They were like, the human mind starts out as a blank slate, just waiting to get written on by all the crazy sensory input hitting it. From all those sense impressions, the mind would gradually build up some general concepts and start anticipating stuff.

And get this - the Stoics thought that when an impression was just undeniable, like you couldn't help but accept it as legit, that was what they called a "kataleptic phantasia" - basically, a perception that had to be true. As for things outside of virtue and vice, like health, money, and all that, the Stoics saw those as just the playing field where virtue could get its game on.

They made this key distinction between the stuff in our control, like desires and opinions, and the stuff that wasn't up to us, like fame and riches. The whole goal was to bring your entire existence under the rule of your will, just like how the universe followed the divine plan. Some pretty intense conclusions came out of all that, but you gotta admit, the Stoics were onto something deep with their logic game.

Yo, there were two major things the Stoics were all about, feel me? First off, they made this crucial distinction between the stuff you can control, like your desires and mindset, and the things that are out of your hands, like health or wealth. The Stoics were like, "Bruh, focus on governing your inner game and just accept the external circumstances for what they are."

Secondly, these dudes had this deep sense of the universe being one interconnected whole, and they saw humans as having a duty to be part of that greater cosmic vibe. It was like a lofty, worldwide spiritual brotherhood kinda thing. Pretty wild for the ancient world, but you can see how some of those ideas later got picked up by Christian thinkers too.

Yo, so the Stoic philosophy that Marcus Aurelius was all about wasn't just some dry, academic stuff, feel me? Nah, it was more like a whole vibe, a way of living that helped

the dude keep it real and stay centered through all the crazy ups and downs of being an emperor and dealing with grown-up responsibilities.

Sure, the Stoics had their theories and whatnot, but for Marcus, it was more about that spiritual feeling, you know? He wasn't trying to lay down some rigid doctrine or anything. His philosophy was more about finding that inner peace and using it to handle all the annoying little things that come with being a grown-up and having to actually adult.

The dude took the Stoic teachings and made them his own, softening that harsh, overly serious vibe that the OGs like Zeno and Chrysippus had. Instead of just resigning himself to endure life, Marcus was more about aspiring to be better, to really live those principles. His Meditations weren't some formal treatise, nah – it was just the dude's innermost thoughts and musings, jotted down to help him stay grounded and bear the weight of all his duties and responsibilities without losing his cool.

Let's break it down - Marcus Aurelius' Meditations and Thomas à Kempis' Imitation of Christ were both dropping some deep wisdom, but they had totally different vibes, feel me? The Imitation was all about that hardcore Christian life - being humble, leaning on God's grace, and embracing suffering like it was your bestie. Dude was straight-up telling readers to get down with sorrow and mortify their flesh to purify their souls. Lots of self-loathing and needing divine judgment to keep you on the straight and narrow.

But Marcus? Nah, he had a more chill, stoic mentality. Dude was hard on himself for sure, but without that whole self-hate thing the Christian ascetics were rocking. He wasn't looking for divine intervention or judgment, just trying to align his own willpower with the natural order of the universe. The OG Roman emperor had this modest confidence, not about abasing himself before a higher power but about doing his own thing in harmony with the cosmos.

Where the Christian text was hyping up the virtue of suffering, Marcus' vibe was more about accepting life's annoyances with serenity. He didn't glorify sadness, but focused on cultivating an inner peace amidst his duties and "countless vexations of a busy life." Less about torturing himself, more about being considerate to others even when they were being disrespectful. Two totally different spiritual temperaments, ya dig?

Yo, the Imitation of Christ was all about that hardcore Christian vibe, feel me? Dude was hyping up being straight-up humble, leaning hard on God's grace, and embracing suffering like it was your bestie. Homie was telling readers to get down with sorrow and mortify their flesh to purify their souls, ya dig? Lots of self-loathing and needing divine judgment to keep you on the straight and narrow, no cap.

Marcus was on some whole other vibe though, feel me? Dude wasn't about that self-loathing, begging for God's grace type of deal. Nah, he was all about looking inward and trusting his own reason to align himself with the natural order, ya dig? The OG Roman emperor had this modest confidence, not about abasing himself before some higher power, but about doing his own thing in harmony with the cosmos. He wasn't trying to get judged by no divine force, just tryna sync his willpower up with the universal flow, ya feel me?

Where the Christian text emphasizes the virtue of suffering, Marcus' Meditations reflect a more serene acceptance of life's burdens and annoyances. Dude didn't romanticize sorrow, but focused on cultivating an inner peace amidst his duties and "countless vexations of a busy life." His philosophy was less about mortifying the flesh than maintaining an unwavering courtesy and consideration for others, even when they were being disrespectful.

At the end of the day, the Imitation of Christ and Marcus Aurelius' Meditations were coming from totally different spiritual vibes, feel me? The Christian text was all about that longing to transcend this world and get your soul right with the big G-O-D upstairs. But Marcus? Nah, dude was on some more down-to-earth, immanent type flow - just tryna sync his willpower up with the natural order of the universe, ya dig? Both works dropped some profound wisdom about the human experience, but they were coming from mad different metaphysical and theological angles, no cap.

Yo, but the real vibe that makes the Meditations so fire is how raw and real Marcus keeps it, feel me? Dude ain't putting on no front or trying to preach at you, nah. He's just spilling his unfiltered thoughts and moods, no cap. Marcus ain't exaggerating or playing to an audience, he's just being 100.

And let me tell you, the dude had a straight-up lofty, serene soul, ya dig? Vulgar vices and temptations weren't even on his radar, fam. His flaws were more like minor oversights that most people wouldn't even trip about. But the OG was all about that unwavering courtesy and consideration, feel me? Even when folks were disrespecting him, he'd just pity them instead of getting heated, and try to correct them with tact and gentleness.

You can tell from all the hints that Marcus was quick to forgive offenses, probably jotting down these notes right after some drama went down, just to remind himself to stay centered and live by his principles. And he walked the walk too, like with how he handled that whole Avidius Cassius betrayal - dude believed that for every fault in others, Nature had a counteracting virtue to balance it out. Real deep stuff, no cap.

This dude Marcus was mad chill, feel me? Like, even when fools were trying to start beef with him, he'd just stay gracious and keep his composure, ya dig? Homie was all about that compassionate vibe, never holding grudges or assuming the worst about people. His pages are filled with nothing but appreciation for everyone who helped shape him into the real one he became.

In his First Book, Marcus gave props to all the OGs who put him on game - his grandad for that gentle spirit, his pops for that courage and humility, his mom for that spiritual grounding and generosity. Even his teachers like Rusticus and Apollonius got their flowers for real - Rusticus kept it a hunnid and showed Marcus where he needed to level up, while Apollonius schooled him on that simple, grateful lifestyle and what true freedom really means.

Dude was just straight-up grateful for everyone who crossed his path, no cap. It's clear that no matter who he dealt with, Marcus always found something positive to take from the experience. Just goes to show how pure his soul was, never letting any negative vibes cloud his vision or judgment of others, ya feel me? Bro was all love, through and through.

Yo, check it - if Marcus was really rocking that pure, honest heart that Christians are always hyping up, that's even more impressive since dude didn't have that faith to keep him going strong, ya dig? Homie was like, "Either there's a higher power running things and it's all gravy, or if it's just random chance, I'll use my own common sense to handle my business. Word." Or he'd be like, "We gotta admit there's some natural force governing the universe, feel me?"

But for real, Marcus saw his own role as just a tiny part of the bigger picture, so he wasn't sweating any personal happiness beyond just keeping his soul serene in this mortal life. Dude was like, "Yo soul, I trust there'll be a time when you're good, simple, and more real than this physical body holding you down." But he wasn't talking about some afterlife where he'd be free from his bodily chains, nah. Homie just wanted to be at peace with his human existence, ya feel?

For Marcus, all that fame, wealth, and worldly stuff was straight-up vanity, no cap. Maybe the gods had his back, but their real focus was on the whole universe, not just looking out for him specifically. That was enough for the OG emperor. His gods were a step up from those old Stoic gods who didn't give a single fuck about human affairs, but Marcus still wasn't holding his breath for some divine intervention or anything.

Dude didn't dwell too much on that personal hope tip, though there were nods to death just being the natural end. He probably figured his soul would just get absorbed back into the universal soul eventually, since nothing comes from nothing and nothing can be

destroyed, ya dig? Marcus had that weary warrior vibe, just doing his duty as a good soldier and waiting for that trumpet to finally sound the retreat. He didn't have that cheerful confidence that Socrates had, leading a noble life and facing death without fear, ready to kick it with the gods and great men he admired, ya feel?

Yo, real talk - Marcus Aurelius wasn't out here dropping some groundbreaking philosophical bombs or anything. But you gotta give the dude props for keeping it 100 with himself, feel me? Homie knew that whatever was really going on in his heart would eventually come out through his actions, so he made sure to drill the right mindset and principles into his soul. That way, when life started wildin' out and throwing curveballs, he'd be mentally prepared to handle that mess with grace, ya dig? Dude wasn't just going through the motions with all that spiritual stuff - he had a legit understanding that true happiness ain't about chasing cheap thrills. Nah, it's about cultivating the proper state of mind and doing the right thing, even when it ain't easy. For a powerful emperor rolling in riches, Marcus stayed mad humble and focused on finding joy in the simple things. Gotta respect an OG who can keep his head straight through all that chaos and still prioritize what really matters, no cap.

Marcus was no chump, feel me? He saw right through that whole "do the rituals and the gods will be happy" schtick that a lot of ancient religions were all about. Nah, he knew it was all about the intent behind it, not just going through the motions, ya dig? And homie had a solid grasp on what true happiness really is - it ain't about chasing cheap thrills or pleasures. Nah, true happiness comes from having the right mindset and doing the right things, even when it ain't easy or popular. Dude was woke to the game, no cap.

Yo, even though this dude was the freaking Roman Emperor, with all the pomp and power that came with that, he still managed to stay grounded and focus on the simple, quiet joys in life. Gotta respect that, especially when you consider the crazy stuff he had to deal with as the boss of the Roman Empire. Leading armies, fending off barbarian hordes, all while trying to keep his head on straight - that's no easy feat, no cap.

Marcus was woke to game, feel me? Dude knew that true happiness ain't about chasing cheap thrills and pleasures, nah. Even though he was the freaking Roman Emperor with mad riches and power, he understood that real fulfillment comes from having the right mindset and doing the right thing, ya dig? Like he said, "If happiness was just about pleasure, how come those grimey robbers, nasty pervs, and ruthless tyrants were getting their share of thrills?" Nah, for the OG, a truly happy life was all about "having a dope soul with good desires and doing good deeds." Dude was wise beyond his years, keeping it real while everyone else was getting caught up in the vanity, no cap.

It's kind of ironic when you think about it - this guy Marcus Aurelius, he was such a gentle and good-natured dude, all he really wanted was some peace and quiet to just

live his life. But fate had other plans for him. Somehow, he ended up being the head honcho of the Roman Empire at a time when all kinds of crazy stuff was going down - threats from the east and west, barbarian hordes on the move, the whole nine yards.

Yo, it's kind of ironic when you think about it - this guy Marcus Aurelius, he was such a gentle and good-natured dude, all he really wanted was some peace and quiet to just live his life, ya dig? But fate had other plans for him. Somehow, he ended up being the head honcho of the Roman Empire at a time when all kinds of crazy stuff was going down - threats from the east and west, barbarian hordes on the move, the whole nine yards.

So instead of kicking back and enjoying the quiet joys of life, poor Marcus found himself leading armies and dealing with all the pomp and circumstance that came with being the big boss, feel me? Not exactly his idea of a good time, but the guy was dedicated to his duty and he did what needed to be done. His wars may have been slow and tedious, but he got the job done and even managed to set up a settlement that gave the Roman Empire a couple centuries of breathing room.

Dude even had this plan to push the imperial borders all the way to the Elbe River², which could have been a real game-changer, no cap. But alas, death came knocking before he could see that through. Guess you could say he was dealt a pretty ironic hand - a peaceful warrior, a magnificent monarch who just wanted to live a simple life, but ended up having to shoulder all the burdens of leading this massive empire. Not the easiest gig, that's for sure. But through it all, he kept his cool and did what he felt was right, ya dig? Gotta respect that.

Truly a rare opportunity was given to Marcus Aurelius of showing what the mind can do in spite of circumstances, feel me? Most peaceful of warriors, a magnificent monarch whose ideal was quiet happiness in home life, bent to obscurity yet born to greatness, the loving father of children who died young or turned out hateful, his life was one paradox, no cap. That nothing might lack, it was in camp before the face of the enemy that he passed away and went to his own place, ya feel?

Yo, Marcus Aurelius was one real dude, feel me? Homie got dealt a wild hand - all he wanted was to kick it and find that inner peace, but the universe was like "Nah fam, you're running the whole Roman Empire now!" Talk about a plot twist, no cap.

² A major river in Central Europe, approximately 724 miles (1,165 km) long, that flows through the Czech Republic and Germany. It originates in the Krkonoše Mountains in the Czech Republic and flows southwest across Bohemia, then northwest across Germany, emptying into the North Sea near Cuxhaven.

Dude was the chilliest warrior you ever seen, a straight-up magnificent monarch whose vibe was just cozy happiness at the crib. But instead of fading into obscurity, fate made him greatness personified. Imagine being a loving dad, only for your kids to either dip out early or turn into some hateful little gremlins? Bro's life was one big paradox after another.

But you know what's really crazy? Dude handled it all with grace. He was out there leading the troops, staring down the enemy's ugly mugs, and that's where he finally peaced out and joined the ancestors. Marcus got dealt a wild card, but he played that hand like a real one till the very end. Gotta respect an OG who can roll with the punches like that, no cap.

The following are a list of English translations of Meditations:

- The Meditations of the Emperor Marcus Aurelius Antoninus, translated by Francis Hutcheson and James Moor (1742)
- The Meditations of Marcus Aurelius, translated by Jeremy Collier (1701)
- The Meditations of Marcus Aurelius Antoninus, translated by George Long (1862)
- Meditations, translated by Maxwell Staniforth (1964)
- The Inner Citadel: The Meditations of Marcus Aurelius, translated by Pierre Hadot (1998)
- The Meditations of Marcus Aurelius, translated by Gregory Hays (2002)
- Marcus Aurelius Meditations: A New Translation, translated by Gregory Hays (2021)
- Marcus Aurelius - Meditations: Adapted for the Contemporary Reader, translated by James Harris (2021)
- Meditations: The Annotated Edition, translated by Robin Waterfield (2021)

His First Book

concerning himself:

When Antoninus wrote down, like, what he learned from his parents, friends, or mentors by their good examples or advice, he divided it into books and verses.

Book 6, Verse 48 - pay attention.

In his book, he talks about how you can make yourself happy by thinking about the good qualities and special gifts you see in the people around you. Like, maybe

someone is really hard-working, another person is super humble, someone else is really generous, you know? Trust me, nothing will make you happier than seeing these awesome virtues in the people around you, especially when all their amazing qualities come together at once. So, keep these awesome things in mind always, okay?

The First Book

1. I learned from my grandpa Verus to be chill and humble, and to not be all drama and rage. From my dad's legacy, I got both modesty and being a stand-up guy. My mom taught me to be spiritual, generous, and not just avoid doing bad things, but even thinking about them; to be okay with eating light, and stay away from crazy rich life. And my great-grandpa showed me to attend schools and lectures, and get dope teachers at home; and it's cool to spend a lot on these things.

2. Like, my dude who raised me taught me not to be like super obsessed with either of those like, big groups in the circus, ya know? And also not to like, pick favorites with any of the fighters in the arena, like the gladiators or fencers. And to be cool with working hard, not needing a ton of stuff, doing things on my own instead of relying on others, keeping my focus on just a few things, and not being quick to believe any gossip about me.

3. Not stressing about useless things like Diognetus, and not believing everything that people claim to be true, especially when it comes to magic tricks, sorcery, and fake powers like charms or demons. Not wasting time on games like keeping quails or obsessing over trivial stuff. Not getting offended by others' words and focusing on philosophy instead. Gotta show gratitude for learning from Bacchius, Tandasis, and Marcianus, writing dialogues in my youth, and embracing the simple lifestyle of philosophers with their little couches and skins as part of that Greek philosophy vibe.

4. To Rusticus, I have to give props for helping me see the need for change in my life. I'm grateful that I didn't get caught up in trying to impress others with fancy writings or speeches about common ideas or pushing people to be virtuous and philosophical. I also appreciate not showing off my athletic abilities just to flex. I stopped caring about fancy rhetoric, poetry, and showy language. I didn't stroll around in a robe at home or do anything pretentious. He taught me to write simple, sincere letters like he did for my mom from Sinuessa. I learned to forgive easily and make amends with those who hurt me when they apologize. Also, he taught me to study diligently, not settle for surface-level knowledge, and not take things at face value. I'm super grateful I found Epictetus' moral think pieces thanks to him.

5. From Apollonius, being truly free and unwavering in your beliefs, not caring about anything unless it's the right thing to do: always staying true to yourself, even in the toughest times like through pain, losing a loved one, or dealing with a long illness; showing that it is possible to be both passionate and relaxed at the same time. He didn't let himself get upset by the shortcomings of his students in his teachings, and was humble about his ability to teach Stoic philosophy. He also taught me how to accept favors and kindness from friends without becoming dependent on them, while still standing firm in what I believe is right. And that it's important to show gratitude and not take things for granted.

6. Of Sextus, being chill and keeping it in the family with that father-like love; and having a vibe to live in sync with nature: to keep it real without being fake; to peep the different vibes of my friends; not getting triggered by dumb people, or randomly going after those who follow mainstream opinions, with the theories, and beliefs of philosophers: his talk being a prime example of how a dude can vibe with all sorts of people; so even though his company was better than any brownnosing flatterer, it was still respected and admired: who also had the mad skill to logically and systematically figure out and organize all the key decisions and instructions for life. A dude never showing even a hint of anger, or any other strong emotion; able to master that Stoic chill, while also being mad compassionate: always trusted; and yet hardly making any noise, or causing a commotion: very smart, and yet keeping it low-key.

7. Alexander the Grammarian teaching us to be flawless ourselves, and not shame anyone for a mistake in their language or pronunciation, but instead subtly correct them or guide them in a polite and graceful manner without directly pointing out their error.

8. Like, a tyrant king is so rife with jealousy, deceit, and fakeness, ya know? And those so-called "noble-born" peeps are kinda lacking in that real love vibe, y'know?

9. Don't constantly be like "I'm busy" when someone hits you up, and don't keep avoiding your responsibilities to your friends by pretending to have important stuff going on. Just be real and keep it straight with them.

10. Don't diss Catulus, y'know, even if a friend calls you out unfairly - try to get 'em back to their chill self. Gotta hype up all my mentors, like Domitius and Athenodotus, and show love to my kids for real.

11. From my bro Severus, to be mad chill and nice to all them of my squad and fam; by whom also I got to know Thrasea, Helvidius, Cato, Dio, and Brutus. He's also the one who got me hyped about havin' a society where justice and equality rule; and a kingdom where only the good and welfare of the peeps matter. He taught me to stay focused on philosophy, be generous AF, always stay positive, and trust my homies got my back. He

was always upfront with his criticism and his friends knew exactly where they stood with him.

12. Claudius Maximus was, like, all about being totally in control, staying positive no matter what, being kind and serious, and being super efficient without any whining. People could always count on him because he always kept it real and had good vibes. He never got caught off guard, wasn't in a hurry but not too slow either, and always stayed chill. He never lost his cool, was always there to lend a hand and forgive, and always kept it real. He seemed confident and never needed to be called out. People never felt underestimated by him, and nobody thought they were above him. Plus, he was, like, hella friendly and charming.

13. Like, my dad was so chill, you know? He was always like, true to himself and never wavered once he made up his mind. He wasn't all about seeking attention or praise, and he worked hard and listened to others for the greater good. He was fair to everyone and knew exactly how to act in tough situations. He never got caught up in unwholesome stuff and always stayed down-to-earth, you know? He didn't expect his friends to be at his beck and call or join him everywhere he went. And if he had to put off something important, he always came back to it with the same dedication. He was really good at thinking things through and never just went with the first idea that popped up. He always took care of his friends and never took them for granted. He was content and always had a positive attitude, planning ahead without making a fuss. He never let praise or flattery get in the way, and he was strict about handling things, even when criticized. He wasn't super religious or obsessed with impressing people, just modest and considerate. His friends respected him and he never sought attention or tried to be someone he wasn't. He was into things that made his life easier without being showy, you know? He took care of himself but wasn't obsessed with appearances. He rarely needed any medical help because he took care of himself. He also admired other people's talents and helped them shine in their own way. He was all about tradition and respecting the past, but didn't need to show off about it. He was calm and steady, not easily swayed, and always got back to work even after tough times. He kept things low-key and didn't share many secrets, only stuff that mattered for everyone. He was thoughtful and didn't show off for attention, just did things out of kindness. He didn't waste time on unnecessary things and was always kind and relaxed in his interactions. He was like totally in control, never getting too excitable or careless, just always calm and collected. He was able to enjoy life without going overboard and stayed strong and steady through thick and thin.

14. I got lucky fam. Blessed with solid family, good peeps around me, and avoided making dumb mistakes. The gods looked out for me. I didn't rush into adulthood, stayed humble, and learned from those wiser than me. My upbringing kept me grounded. Had

a bro to look up to, kids who ain't messed up, and a loyal wifey. Grateful for the simple life. Never tripped up when trying to help others. Fam, I've been blessed with some real ones in my corner. Dreams came thru when I needed help, guiding me in the right direction. Avoided getting caught up in useless stuff and stayed focused on what really matters. All this couldn't have happened without a little help from the universe.

15. Thought of this one chillin in the Quadi land at Granua³, yo. When you wake up, tell yourself: "Today I gotta deal with someone lazy, nosy, ungrateful, a hater, a sly backstabber, or a jealous person; a loner, unkind dude." All these bad vibes come from not knowing what's really good or bad. But I know what's good and what's bad -- the good stuff is the only thing worth wanting, and the bad stuff is nasty and shameful. Plus, I know the person dissing me is fam, not blood-related but on the same vibe intellectually and spiritually. So why let any of them get to me when they can't dish anything really embarrassing? Or get mad at someone who's basically fam? We're all meant to work together, like how feet, hands, and eyelids all do their thing. Going against that is unnatural, going against the flow, nah mean?

16. Uh, like, whatever I am, it's like either this body, or life, or that thing folks usually call the main part of us; reason. Put those books away, don't let your mind get all scattered and thrown around anymore; 'cause in the end it's pointless; almost like ready to call it quits, don't focus too much on your body: blood, bones, and skin; like, a cool little combo of nerves, veins, and arteries; just don't dwell on it, you know? And when it comes to your life, think about it; it's like a breeze; not even a steady breeze, but like every minute of an hour blown out, and sucked back in. The next thing is your main part; and like think about this; You're getting old; don't let that awesome part become submissive, and like turn into a slave: don't let it be manipulated by unreasonable and unsocial desires and actions, like it's tangled up with wires and nerves; don't let it whine about the present or worry and run from what's to come, which fate has in store for you.

17. Whatever comes from the gods is totally in their control. Things that seem like they happen by luck actually have to do with nature or the bigger picture planned by the gods. Everything is connected and necessary for the greater good. Remember these guidelines and don't get too caught up in thirsting for knowledge. Stay humble, grateful, and content with what you have.

³ The heading of this section of the book is "On the River Gran, Among the Quadi." The Quadi were a Germanic tribe against whom Rome fought in the Marcomannic Wars, and the River Gran was in what's now Slovakia—then on Rome's northern frontiers.

The Second Book

1. Remember all the times you've procrastinated on these things, and how many times you've ignored a deadline that seemed to be set by fate. It's seriously time for you to grasp the true vibes of the universe you're a part of, and to recognize the higher power in charge of it all. You gotta realize that you only have a limited amount of time to chill out and get your inner chaos under control. If you don't take advantage of that time, it'll slip away and you'll be left in the dust, never coming back.

2. Let it be like, super important and constant for you as a Roman and a dude to do whatever you're doing with real seriousness and authenticity, genuine love, freedom, and fairness. And for everything else that stresses you out or distracts you, figure out how to let it go. You should do that by treating every task like it's the last one, without being all full of yourself, emotional, or going against your better judgment, and without pretending to be someone you're not or only looking out for yourself. Basically, focus on doing what's needed to live a good life without needing much else, since the gods won't ask for anything more from you if you just stick to these things.

3. Bro, like, treat yourself better, ya know? The time to start respecting yourself is running out. Your happiness comes from within, but you're almost out of time. Stop relying on others for validation, man.

4. Why should you let outside distractions bother you? Take some time to educate yourself on something positive and stop wandering aimlessly. And be careful not to waste your actions on aimless work and a lack of direction in life.

5. If you don't pay attention to another person's vibe, you'll hardly ever see someone feeling sad. Let anyone know who doesn't plan or think about their own feelings through logic and wisdom, they're gonna have a bad time for sure.

6. Always keep this in mind: What's the deal with the universe and your deal—like, how they connect and what role you play in it. Remember, no one can stop you from doing and saying things that are in line with your true nature as a part of the universe.

7. Theophrastus⁴ really gets it when he's talking about sin, comparing sins like lust and anger. He's straight up saying that sins driven by lust are worse than ones driven by anger. See, when someone's angry, it's like they're just losing control and letting their emotions take over. But when someone gives in to lust, they're basically showing how

⁴ Theophrastus (Died 287 B.C.) was a philosopher, pupil of Aristotle (Greek philosopher and polymath), and his successor as president of the Lyceum (a type of secondary school). He wrote a large number of works on philosophy and natural history.

weak and unmanly they are by chasing pleasure over everything else. So, Theophrastus is basically spitting truth when he says that it's more messed up to sin for pleasure than out of anger. 'Cause at least the person who's angry might have been provoked, but the one who's lusting after something is just making that choice themselves.

8. Like, whatever you're into or working on, just do it like you're about to peace out of this world at any moment, you know? And honestly, if there are gods out there, it's totally cool to leave the human scene. The gods ain't gonna mess with you, for real. And if there aren't any gods or they don't care, why would I wanna stick around in a world without divine beings looking out for it? Trust me, there are definitely gods who look after the world, and they've given us the power to avoid truly bad stuff like vice and wickedness. And if there was something else really bad out there, they would've taken care of that too. So why stress about stuff that doesn't really affect you personally, ya know? Don't think the universe messed up or couldn't handle things. Life and death, success and failure, work and fun, money and being broke, they happen to everyone regardless of being good or bad, but they ain't inherently good or bad themselves.

9. Think about how everything fades and changes so fast: things and stuff turning into the basic stuff of the world, and memories blending into the overall time of the world. Think about the true essence of all worldly things we can touch and see; especially the ones that trap us with pleasure, or scare us, or are trendy and popular - how empty and gross, how low-quality and temporary, how lacking in real life and existence they really are.

10. Translation: Bro, like, it's important for guys with good brains to think about who they really are and where their respect and credibility come from. And like, also to think about death, man. If you just focus on death alone, without all the other stuff that usually freaks us out about it, you can see it as just a natural thing. And like, if you're scared of nature doing its thing, you're basically acting like a kid. Death is, like, natural and part of the whole cycle of life, ya know?

11. Think about how humans are connected to God and how our soul is affected. It's not cool for someone to be all nosy, trying to know everything about others and not focusing on taking care of their own spirit. We should strive to be free from negativity, impulsive actions, and dissatisfaction towards gods or people. Anything coming from the gods is worthy of respect, and anything from people should be treated with love and understanding, since they may not always know what's right or wrong.

12. Bruh, even if you live for like 3,000 or even 10,000 years, just remember this: you can't truly give up any part of your life except for the moment you're living right now. Each instant you live is the only part you actually have because you're constantly moving on from it. So whether you live the longest or shortest, it all ends up the same. Time might seem different when it's already happened, but in the present, we all have the same amount. And when we die, we're only really losing that instant we're in. Like, you can't lose what's already past or still to come. Just remember these two things: everything in the world is basically the same stuff repeating over and over, so whether it's a short time or forever, it's all kind of the same. And also, the life each person lives – no matter how long or short – is measured by what's happening in the moment, not by what's already gone or not yet come. You feel me?

13. Remember, it's all just people's thoughts and ideas, man. Like, Monimus the Cynic⁵ said some real talk, and it's pretty obvious if you think about it. And it's also obvious how we can learn from that stuff, ya know? You gotta take the facts and the deep stuff just as seriously as the fun and enjoyable stuff.

14. A man's soul straight up disrespects itself when it acts all shady and negative, getting all triggered and upset about stuff happening in the world. Like, that's just not cool, yo. Also, when it's all hatin' on others and being spiteful, or getting caught up in pleasure or pain, or being fake and shady, or just doing stuff without thinking it through. Basically, the end goal is to follow reason and be part of this big ol' universe, ya feel?

15. Life is like, super short and everything's always changing, but like, the real deal is philosophy, man. It's all about keeping your spirit untouchable against all the haters and struggles, ya know? Don't be fake, and don't let anything mess with your vibe. Stay true to yourself, embrace whatever comes your way, and be chill about death - it's just another part of the whole cycle, bro. Like, if nature's cool with it, why stress about it? It's all good.

While ya boi was at Carnuntum⁶.

⁵ A philosopher in the 4th Century BCE who is supposed to have originally said "Everything is what you suppose it to be." These words were also retorted back to him to show that they are self refuting.

⁶ Carnuntum was the most important ancient Roman legionary camp of the upper Danube frontier, situated at Petronell, 20 miles (32 km) east of Vienna. It was the emperor Tiberius's base in his attacks on the Marcomanni (AD 6), although a fort for one legion was first erected under the emperor Claudius. Stone structures built then were repaired AD 73–76.

The Third Book

1. A man needs to realize that not only does his life pass by quickly every day, but also that if he lives a long life, he can't be sure if his mind will remain sharp and capable for making important decisions or contemplating deep thoughts. True knowledge of both divine and human things relies on a clear mind. If he starts to lose his mental faculties, like understanding and judgment, he may still physically function well. But being able to use his mind effectively, make right choices, correct mistakes, control his thoughts, and even decide whether he should continue living or not, require the best mental strength and ability, which may diminish with time. So, he should act quickly, not just because he is getting closer to death every day, but also because his intellectual abilities, which allow him to understand the world and make wise decisions, are fading away.

2. Like, you gotta peep this--anything natural that goes down has, like, this rad quality that's super appealing and chill: like, a fat loaf that's been baked, some parts of it split and come apart, giving it a rough and uneven crust, which, in a way, goes against the whole baking vibe, ya know? But even though those parts weren't meant to be that way, they still totally work and have this unique kick that makes you wanna snack on it. Figs are considered most beautiful and ripe when they start to shrivel up, and olives are at their prime when they're almost rotten. The drooping grapes, the lion's mane, the foam of a wild boar, and plenty of other stuff, even though they ain't really cute on their own, 'cause they happen naturally, they end up being pretty sweet and enjoyable. So, if a person, like, really thinks deep and checks out everything in the world, even all the little extras that come with nature, they'll find something dope to appreciate anywhere, man. They'll get just as stoked seeing the real snarl of wild beasts as they do when it's painted by some pro artist. They'll see the true beauty and awesomeness of getting older, whether it's a dude or a chick: and anything else that's pretty and captivating in anything, they'll figure it out with pure and respectful eyes. They'll spot those things and more, stuff that not everyone would believe, but only those who truly understand and vibe with nature itself, and all things natural.

3. Hippocrates⁷, like, healed a ton of people but then got sick himself and like, died. The Chaldeans and Astrologians predicted the deaths of others, but then got surprised by their own fates. Alexander⁸, Pompeius⁹, and Caius Caesar¹⁰ wrecked a bunch of towns and killed loads of peeps in battles, but in the end they died too. Heraclitus¹¹ wrote a

⁷ Hippocrates of Cos (460-357 B.C.), One of the most famous physicians of antiquity

⁸ Alexander the Great (356-323 B.C.), King of Macedonia, and Conqueror of the East

⁹ Pompeius, C. Pompeius Magnus, a very successful general at the end of the Roman Republic (106-48 B.C.)

¹⁰ Gaius Caesar (20 B.C. - 4 A.D.) was a grandson and heir to the throne of Roman emperor Augustus, alongside his younger brother Lucius Caesar.

¹¹ Heraclitus of Ephesus, who lived in the 6th century B.C. He wrote on philosophy and natural science.

bunch about the world burning up but ended up dying all gross and dirty. Lice took out Democritus¹², and Socrates¹³ opps did him in. So yeah, what's the deal? You've taken the ride, sailed the seas, landed, and now, like, either there's gods in this new life or there's no pain or joy, just peace. It's all good, this body is temporary and basic, while your soul is way more rad, you know?

4. Don't waste your time thinking about what other people are doing and saying if it's not related to something productive. Focus on what's important and don't let yourself get distracted by useless or negative thoughts. Be true to yourself, stay peaceful and sincere, and don't get caught up in drama or envy. Keep your mind on things that matter and stay away from pleasure-seeking distractions. Be a strong and righteous person, living in harmony with yourself and others. Don't worry about what others think or do, but focus on what you have control over. Embrace everything that comes your way with an open heart and stay true to your own path. We are all connected through reason and it's important to care for others, but don't seek approval from those who don't live authentically. Know yourself and don't let the opinions of others who don't even like themselves affect you.

5. Don't do anything you don't really want to do, or that goes against the group, and make sure to think things through and not be hesitant. Don't try to sound all fancy when talking. Don't be too chatty or take on too much at once. Also, let your inner God guide you and show that you are worthy of respect as a mature, social, honorable person who lives life to the fullest. Ready to move on to the next phase whenever it comes. Someone who doesn't need promises or others to prove their integrity.

6. To stay positive and self-sufficient, without relying on others for help or for peace of mind. Like someone who is independent, rather than someone who has been fixed by others.

7. If you ever find something in this life that's better than being righteous, truthful, self-controlled, and strong, and overall better than having a mind at peace with doing what's right and reasonable, as well as dealing with things that happen beyond your control by fate; well, if you do happen to find something better than all that, then go all in on it with your whole being. Enjoy it wherever you find that best thing. But if you find nothing worth preferring to the spirit within you; if there's nothing better than mastering your own desires and not giving in to any impulses or thoughts without careful consideration, nothing better than living modestly and being respectful to the gods and

¹² Democritus of Abdera (460-361 B.C.), celebrated as the 'laughing philosopher,' whose constant thought was 'What fools these mortals be.' He invented the Atomic Theory.

¹³ Socrates (469-399 B.C.), an Athenian philosopher, founder of the dialectic method. Put to death on a trumped-up charge by his countrymen.

all people in general; if you realize that everything else is insignificant compared to this, then don't give in to anything else. Don't get distracted by anything that could lead you astray from pursuing what truly benefits you. It's not right to let anything of a lesser nature, like popularity, fame, wealth, or pleasure, compete with what's rational and genuinely good. Because if these things start to please you, even just for a moment, they can easily take over and corrupt your mind, leading you astray. So, wholeheartedly choose what's best, and stick with it. And remember, what's truly best is what's most beneficial. If they mean useful for a person as a thinking human, go for it and hold onto it; but if they mean beneficial only in a material sense, then reject it. And always steer clear of any tempting appearances that might cloud your judgment, so you can see things clearly.

8. Don't ever think of anything as worth it if it makes you betray your values or compromise your integrity; or if it makes you hate, doubt, curse, pretend, or crave things that need to be kept secret. But if you prioritize your rational mind and inner values, and the virtues that come from them, you won't feel regret or sorrow, won't feel lonely or crave company. Most importantly, you'll live without any desires or fears. Whether you live a long or short life, it won't matter to you. You'll be fine with whatever happens, because you've lived with honor and grace. All you care about is keeping your mind focused on what befits a rational and social being.

9. Bro, a truly disciplined mind ain't gonna have any shady stuff going on. No gross thoughts, no fake behavior, no grudges, no secrets. For someone like that, death won't catch 'em off guard and leave things unfinished, like an actor croaking mid-performance.

10. Use your own thoughts and opinions with respect, because that's what really matters. Make sure your opinions align with nature and what it means to be a rational person. The point of being rational is to not act recklessly, be kind to others, and accept things as they come. Focus on these few things and remember that the present moment is all we truly have. The past is gone, and the future is uncertain. Life is short, our impact is small, and our fame lasts only briefly. What others remember of us is fleeting, and eventually we will all be forgotten.

11. Add one more thing to those constant reminders and keepsakes: always carefully describe and analyze every single thing that comes to your mind, so you can really think about it and break it down into its parts. Then, think about the true names and meanings of all the pieces that make it up. The key to true courage is understanding everything that happens in life and figuring out its purpose and how it fits into the big picture. How does it benefit the universe and humanity as a whole? How important is it in the grand scheme of things compared to the individual?

12. What is this, like why am I suddenly interested in this? What's involved? How long does this phase last? Which virtue should I focus on right now? Like should I be meek, strong, truthful, faithful, genuine, satisfied, or something else? So basically, you gotta be like, this is from God, this is just how things are linked, or like it's just a weird coincidence. And like, this is from someone else, but it's 'cause they don't know any better, but I do, so I'll still treat them with kindness and fairness. And for stuff that doesn't really matter, I'll just act accordingly based on what I think is best.

13. If you stay true to yourself, follow the right path, and focus on keeping your mind and spirit pure while staying dedicated without any distractions, then you'll live a fulfilling life without anyone stopping you.

14. Always keep your beliefs and knowledge readily available for any situation, just like doctors keep their tools handy for quick treatments. Remember the link between the spiritual and earthly aspects of life in everything you do. You need balance between these two realms to succeed in both worldly affairs and matters of the spirit.

15. Don't be fooled; you won't live long enough to read your deep thoughts, or the stories of the cool Romans and Greeks, or those juicy excerpts from various books; all of which you saved for when you're old. So hurry up and stop hoping for things that won't happen, get your act together now if you actually care about yourself, like you should.

16. To steal, to flex, to cop, to chill, to peep what's good (but not in a physical way, more like a vibe check:) they don't get it. The physical form, the spirit, the mind. Like how vibes are for the body, and feels are for the soul, so are the beliefs for the mind.

17. To have fantasies and imaginations is common for both humans and animals. Being driven by strong desires and lusts is more like wild beasts and monsters such as Phalaris¹⁴ and Nero¹⁵. Following reason in daily tasks is also common for those who don't believe in gods and would betray their country for their own gain; these are the ones who would dare do anything once the doors are closed. So, if everything else is common to these as well, it means that for a person to accept and embrace all that comes their way, without disturbing their inner spirit with pointless thoughts and ideas, but instead keeping it calm and obedient like a god, always speaking the truth and acting justly, that is the true essence of a good person. Even if no one believes that this person lives sincerely and ethically, or happily and contentedly, they wouldn't be angry

¹⁴ Phalaris was a tyrannical ruler of Akragas (now Agrigento) in Sicily from approximately 570 to 554 BC. He was infamous for his cruelty, among his alleged atrocities was cannibalism.

¹⁵ Nero was the 5th Roman emperor and reigning from AD 54 until his death in AD 68. He was described as tyrannical, self-indulgent, and debauched.

or distracted from their path to a fulfilling life. They would stay pure, always ready to move on, and willingly adapt to their fate without any external pressure.

The Fourth Book

1. That inner vibe within someone, if it's in its true natural state, is always flexible and adaptable to whatever life throws at it. It will easily shift focus to what it can control when things don't go as planned. It doesn't obsess over one thing, but whatever it's into at the moment, it's all in but with some reservations. If things don't go as intended, it just switches up and makes it work. Like a fire that grows bigger when faced with obstacles, it just keeps burning stronger and stronger.

2. Don't just do things carelessly and randomly, make sure to follow all the best and most precise art rules.

3. They're always looking for their own chill spots, like small towns, the beach, mountains; even you yourself always crave those kinds of places. But you gotta understand, it's all about keeping it simple. Whenever you want, you can just chill within yourself and find peace, away from all the stress. There's no better escape than your own soul; especially when you're equipped with inner peace that can instantly calm you down. Tranquility means staying cool, collected, and away from all the drama. So make sure you take these moments to refresh and recharge yourself. Just remember, people are just doing their thing - it's part of being human. And all those things that happen to you? They're just part of life's rollercoaster. Always remember that everything is temporary and the world is always changing. Just keep practicing this self-reflection and focusing on what really matters - being kind, good, and true to yourself.

4. If everyone gets and acts cool, then that coolness we're known for is also shared. So if being chill is a universal thing, then the rules it sets out apply to everyone too. And if that's the case, then it's like we're all on the same team. We're all part of the same society. So basically, we're all buddies in this big community. And if that's true, then the whole world is like one big town. 'Cause what other group are we all a part of? That society is where we get our smarts, our logic, and our laws. 'Cause where else would they come from? Just like how the earth gives us our earthly stuff, and other elements give us other traits, and our breath comes from life itself, and our fiery side comes from somewhere too. 'Cause nothing comes from nothing; everything comes from somewhere. So our understanding must have started from a common source too.

5. As generation is, like, so is death, a total vibe of nature's wisdom: a mix of elements that all come back together, something that no one should like, feel embarrassed about, you know? It's just part of life, along with all the other tough stuff that humans gotta deal with, like, it totally makes sense and fits with how we're made.

6. So like, stuff happens for reasons, like duh. Trying to stop it is like wanting a fig tree to grow without any juice. Basically, keep in mind that soon enough, both you and him are gonna dip, and not long after that, no one will even remember your names or anything.

7. Take away opinions and nobody will feel disrespected. If nobody feels disrespected, then disrespect doesn't even exist. If something doesn't make a person feel worse, it won't make their life worse or hurt them mentally or physically. It had to be this way in nature.

8. Like, whatever goes down in the world, happens for a reason, and if you pay attention, you'll see it. I'm not just talking about cause and effect, but like, justice being served and things being fair based on their actual value. So, keep being aware of what's happening, like you've been doing, and whatever you do, make sure it's something a truly good person would do. Remember this in every move you make.

9. Don't let haters get to you, just focus on the facts and see the situation for what it really is.

10. These two rules are super important to always keep in mind. First, only do things that your rational mind tells you are good for others. And secondly, if someone can correct you or change your mind about something, be open to it and do it for the greater good, not for personal gain.

11. Do you even have a brain? Like, seriously. Why aren't you using it? Like, if you just use your head, what else do you need?

12. Basically, you've had your own existence up to this point, but now you're gonna disappear into the bigger picture of where you came from. It's like being a little piece of incense on an altar - you burn up and so do others, but in the end, we all go back to the same place.

13. In ten days, if it happens, you'll be hailed as a god by those who will think you're no better than a dumb animal or an ape if you return to following rules and using logic.

14. Don't act like you have all the time in the world. Death is looming over you, so be good while you're still alive, while you still can.

15. How much time and freedom do you gain when you don't care about what your neighbor is up to, but only focus on being true to yourself and doing what's right? Just like Agathos said, don't worry about others' drama, stay focused on your own path and avoid any unnecessary distractions.

16. He who's all about that clout and fame after croaking doesn't get that eventually everyone remembering them will also kick the bucket; and then the ones after them too, until all remembrance fizzles out. But even if the folks remembering you and your legacy were immortal, what's that gotta do with you? Your praise doesn't matter, dead or alive. It's all just part of the game, yo. As for being commended on your natural gifts, let's just skip that convo for now. Things that are beautiful and good are that way on their own, not because someone's gassing them up. Being praised doesn't change their worth. Even things that are praised for their craftsmanship or beauty, they're good regardless. Truly good things don't need praise to be lit; they already got justice, truth, kindness, and modesty on lock. So whether something is hyped up or thrown shade at, it still stands strong. Like, do emeralds, gold, ivory, or purple lose their value if no one's clapping for 'em? Nah, things stay fresh whether they're getting love or not, even if it's just a regular ol' knife, flower, or tree, ya feel?

17. Wut if, like, when ppl die (those who don't believe in it, obvi); how can the air always, like, hold their souls? And how can the earth always, like, keep the bodies of the dead peeps buried in it? Cuz when dead bodies, like, turn into other stuff, there's room for more dead bodies, right? So after souls die, when they chill in the air for a bit, they, like, transform back into their OG form, and then new souls can, like, do their thing. I guess if souls can, like, chill solo for a bit after they die, then that makes sense. And, like, think about all the animals we eat - even tho there's tons of them getting gobbled up every day, we can still, like, handle it cuz they, like, become part of us. But, like, how do we know what's true? By, like, separating stuff into material and formal, I guess.

18. Not gonna stray off course, but like, always do what's right and make sure to understand every idea that comes up, ya know?

19. You're basically saying, "Whatever works for you, World, works for me too. I'm cool with whatever you're vibing with. Everything you're going through, I'm down for. Nature is the source of everything, it's what holds everything together, and it's where everything

is headed. If someone could call Athens beautiful, why wouldn't you call the world beautiful too?"

20. They be sayin', don't mess with too many things if you wanna be livin' your best life. Fo' real, ain't nothin' betta than focusin' on only what you really gotta do; what reason tells you is necessary for a born socialite like yourself. This ain't just gonna bring you happiness, but also gonna help ya avoid extra stress from doin' too much. Most of the things we say and do be pointless anyways, so if you take that stuff out, you'll have more time and less drama. Before you do somethin', ya gotta ask yourself, "Is this even necessary?" And it ain't just about actions, but also 'bout kickin' out them unnecessary thoughts and daydreams too, so you can prevent them unnecessary actions that follow.

21. Try livin' a good life bro; being chill with whatever comes your way and stay content with your actions. If someone messes up, it's their own issue, not yours. Keep it simple and don't stress. Life's short, so make the most of it by being wise and fair. Don't forget to have fun responsibly.

22. Is this world, like, totally aligned and harmonious, or just a beautiful mess? Because everything seems to follow a certain order, even if things are all mixed up. Can you imagine if there was beauty in you but chaos everywhere else in the world? It's like everything has its own unique qualities, yet they all connect and work together in harmony, you know?

23. If he's like, a total hater or has bad vibes, or if he acts like, sus or weak; if he's like a mean robot or a heartless savage, or a total pushover, or acts like a kid; if he's clueless and doesn't get stuff; why not embrace the cluelessness and be amazed by all the crazy stuff going down?

24. He's like totally off the grid, ditching all logic and stuff that makes people get along. He's clueless, not seeing things clearly. He's struggling, relying on others for everything. He's like, rebelling against how things are supposed to go and disconnecting from the natural order. It's all about staying connected to everyone and everything, you know?

25. Some people can philosophize without any fancy gear, and others can do it without even a book. One person claims they can stick to reason even when they're half-naked and hungry, but I say I need that knowledge nourishment without straying from logic.

26. Do whatever you're good at and love doing, and just vibe with it. Live your life fully and trust in the universe to guide you. And when dealing with people, don't be a jerk or a pushover to anyone.

27. Think about it like this: back in the day of Vespasian¹⁶, things were pretty much the same as they are now. People were getting married, having kids, getting sick, dying, fighting, partying, doing business, farming, sucking up, bragging, being suspicious, causing drama, wanting to die, complaining, flirting, saving money, chasing after power, you name it. That era? Long gone. Now, look at Trajan¹⁷'s time - same old stuff. Every era eventually comes to an end. Take a step back and think about all the different times and cultures - you'll see that people always get caught up in chasing after worldly things, only to realize it's all temporary in the end. Remember all those folks you've seen stressing over pointless stuff instead of focusing on what truly matters? Make sure you don't fall into that trap. Stay focused on what truly aligns with your values, and don't waste time on insignificant details.

28. Yikes, like remember when all those like cool names like Camillus¹⁸, Cæso¹⁹, Volesius, Leonnatus²⁰ were all the rage? But now they're like totally ancient history. Same goes for the famous dudes like Scipio, Cato, Augustus, it's like they're all just myths now. And like honestly, once these big shots kick the bucket, it's like their fame and memory disappear with them. So like, what's the point, you know? Everything is just like meaningless. The only thing that matters is being a good person, doing nice things, being honest, not messing up, and being cool with whatever comes your way. So like, just go with the flow and let fate take the wheel, man.

29. Lol, like, everything is always changing, man. The universe loves transforming stuff and making them new. So, like, remember that whatever exists now is just the start of what's gonna happen next. Don't be so basic to think that only seeds go in the ground or womb, duh.

30. You're about to kick the bucket, but you still ain't living that stress-free life, ya know? You're still dealing with a ton of drama and anxiety, not fully chillin' without worrying about random stuff happening to you. Plus, you ain't exactly super nice to everyone like you should be, or as cool as someone who's all about being fair in everything they do.

31. Check it out, peep their mindset; see what the so-called "smart" ones steer clear of and fear; and what they're chasing after.

¹⁶ Vespasian, 9th Roman Emperor XENOCRATES of Chalcedon, 396-314 B.C., a philosopher, and president of the Academy.

¹⁷ Trajan, 13th Roman Emperor, 52-117 A.D.

¹⁸ Camillus, a famous dictator in the early days of the Roman Republic.

¹⁹ So forgotten there isn't even a footnote for him.

²⁰ A Macedonian officer of Alexander the Great (356 - 322 BC).

32. In someone else's brain and vibe, evil can't even exist, not even in your body's vibe. Like, your body's just the crib for your soul. So, where does evil really chill? In that one part of you where you can think and feel miserable vibes? Don't let that part even think like that, then everything is chill. Even if your body goes through a lot, just keep that one part that can judge it at peace. Basically, remember that whatever happens to a shady person can also happen to a good person, and it's neither good nor bad. It's just neutral vibes, you feel me?

33. Have you ever thought about how the world is basically one big vibe, with like one soul running the show and everything connected and moving together? It's like we're all part of this one energy and everything we do is somehow connected in a chain reaction.

34. What are you, except for the cool and divine part, basically just a sad soul like Epictetus said, destined to lug around a body here and there?

35. Like, dealing with change doesn't have to be a bad thing; it's not like we're gaining anything by staying the same. The world is constantly changing, just like a fast-moving river, with new things happening all the time. Once something happens, it quickly disappears, making way for the next thing to come along.

36. Like, whatever goes down in the world is just, like, totally normal and expected, ya know? It's all as common as roses blooming in the spring or fruit ripening in the summer. Sickness, death, gossip, lying, and all that jazz - it's just the usual stuff that fools either get hyped or bummed about. Everything that happens, like, naturally follows what happened before. The world isn't just a random collection of events, but a well-ordered and chill connection of things. It's all about, like, this rad harmony and connection between things, not just a basic sequence of events.

37. Don't forget what Heraclitus said about the cycle of elements, like how earth becomes water, and water becomes air, and so on. Also, remember how reason is a big deal, even though people are always going against it. Things that happen every day still surprise us, and we shouldn't just go along with what everyone else is saying or doing, especially if it's just based on opinion and imagination. We gotta think for ourselves and not just follow what our parents or ancestors did.

38. If even the gods straight up told you that you're gonna die tomorrow or the next day, you probably wouldn't be that stoked to hear it, unless you're like super scared or a total wimp. But like, dying the day after tomorrow instead of tomorrow? Big whoop. It's all the

same in the end, so why stress about kicking the bucket a few years later instead of right away?

39. Just think about it all the time, how all these doctors who used to act so serious and scowl at their patients are now dead themselves. Same goes for astrologers who liked to predict others' deaths, philosophers who wrote all those fancy books about life and death, brave military leaders, kings, and even whole cities. Everyone kicks the bucket eventually. Think about all the people you've known who have passed away. Life is short, man. Be chill like a falling olive giving thanks to the tree.

40. You gotta be like, solid as a rock in the ocean, even when life's waves keep crashing at you. Stay strong, and eventually everything will calm down around you.

41. Oh, dang, I'm really bummed that this happened to me! Actually, wait, I'm kinda glad this happened because I can keep on going without feeling sad. I'm not letting this ruin my vibe or stress me out about the future. Like, anyone could have gone through what I did, but not everyone could handle it without getting upset. So why should I see this as a bad thing when I could see it as a good thing? Like, can you really call something a bummer if it's not actually going against what humans are all about? Like, does what happened to me stop me from being fair, confident, balanced, smart, cautious, honest, humble, free, or from anything else that makes me feel content and satisfied with who I am? So yeah, next time you're feeling down, just remember that whatever happened to you isn't automatically a disaster, but being able to handle it with grace is actually a major win.

42. It's like, just a basic idea, but honestly, it's a solid way to like, not be scared of dying, you know? Just gotta think about all those people who were totally living it up, chasing after what they wanted forever, but like, even they ended up kicking the bucket eventually. Whether it was Caesar or some other hotshot, they all ended up six feet under, right? Life is mad short, and even in that short time, you gotta go through all kinds of drama with a busted body. Might as well treat it like no big deal, you know? Like, when you look back, there's just this crazy amount of time wasted, and when you look ahead, it's still all chaotic. In that never-ending chaos, does it even matter if someone's around for just a hot sec or for ages?

43. Keep it simple, go with what's natural and solid in all you do and say. When you do that, you'll avoid all the drama, fakeness, and showing off.

The Fifth Book

1. Like when you wake up in the morning and you just can't be bothered to get out of bed, you gotta remind yourself like, "Yo, I'm meant to be out here doing my thing as a human being." Am I seriously gonna be lazy and not do what I'm born for? Was I put on this earth to just chill in a cozy bed? Nah, that ain't it. Was I born to just seek pleasure all the time? Nah, fam, we were meant to be active and always grinding. Look around, man, everything in nature is doing its thing to keep this world in order, from trees to ants to bees. Why am I not stepping up to the plate as a human? I gotta get moving and do what's right. Yeah, rest is important but don't go overboard, balance is key. Don't be neglecting your purpose while others out here are committed to their hustle. Show some love to yourself and your true nature. Other people are willing to sacrifice everything for what they love, so why aren't you giving your all to make a positive impact on society?

2. Like, how chill would it be for a dude to just ditch all those chaotic random thoughts and immediately be in total peace and calm vibes?

3. Believe in yourself and don't let others' opinions stop you from doing what feels right. Stay true to your own values and don't doubt your worth. Follow your instincts and act in accordance with what is good and truthful. Don't worry about what others think, just trust your own path and stick to it.

4. I just keep doing my thing, going with the flow and living life to the fullest, until I finally bite the dust and take my last breath. It's like, the air I've been breathing my whole life is the same air I'll exhale when I die. And when I hit the ground, it's like returning to the earth that gave my parents, like, everything they needed to bring me into this world. And like, I've been eating and drinking from this earth for so long. It's wild to think about how this earth supports me, even when some people treat it badly or take advantage of it.

5. Bruh, no one gonna think you're cool just 'cause you talk fancy with all them big words. That ain't even your strong suit, my dude. But like, there's plenty of other good stuff about you that you can focus on, ya know? Show off the things that come from within you, like being honest, serious, hardworking, not too into frivolous stuff, not whiny, keeping it chill, being nice, being real, and not being extra. Like, it's not like you can't handle all that, even if you think you're naturally not the best at it. You see all the things you could totally do and show off, even if you feel like you're stuck in a rut for no reason. So, you gonna blame your genes for being a downer, a pushover, a suck-up, a complainer, and just all over the place in your head? Nah, man, you could've dropped all that nonsense ages ago. You just gotta accept that maybe you're a bit slow and not the sharpest tool in the shed, and work on it without getting all caught up in self-pity.

6. Some people out there, after doing a good deed, expect something in return, like recognition or compensation. Others might not expect anything directly, but deep down, they feel like the person owes them something in return. Then there are those who do good things without even realizing it, they just go with the flow. They're like a vine producing grapes, satisfied with their own actions without seeking validation. Similar to how a horse doesn't demand praise after a race, or a bee doesn't expect applause for making honey. A person who truly understands their nature doesn't need external validation for their good deeds, they just keep on doing good things naturally. Be like them, do good without overthinking it, just be chill about it. Some might argue that a rational person should understand their actions, especially in social situations. Yes, it's good to be aware of how you're affecting others, but don't get caught up in seeking recognition. Stay true to your kind actions without expecting anything in return, just keep being sociable without overthinking it.

7. The way the Athenians prayed was like this: 'Hey, rain, rain, hey Jupiter, shower down on all the places and fields that are owned by the Athenians.' Either we pray like that, or we should just not pray at all; not everyone praying only for themselves individually.

8. As we usually say, doctors be prescribing different treatments for different patients, like one might get told to ride, another to take cold baths, and a third to walk barefoot. It's kinda like how the universe prescribes sickness, blindness, or some kind of loss to people. Just like a physician prescribing something for health, what happens to anyone is like fate decreeing it as something that contributes to the bigger picture, ya know? When things fit together or happen in a way that seems harmonious, it's like they "happen together." The whole world is like a big body made up of all these smaller bodies, and fate is like this big plan made up of all the individual events. Even dumb people know this stuff, they say stuff like "his destiny brought this upon him." So, we should accept what's happening as if it's been prescribed by fate, just like how we follow what our doctors tell us. Even though it might be tough, we should accept it in hopes of bettering the situation. Trust that everything is happening for the greater good, for the health of the universe and for Jove's happiness. Be happy with whatever comes your way because it's all part of the bigger plan. Remember, by not being pleased with what happens, you're messing with the order of things.

9. Don't stress, don't get discouraged, don't lose hope if things don't always go perfectly when trying to follow all the rules closely. If you fall off track, just get back on. Accept that distractions and mistakes are just part of being human, and focus on getting back to living like a philosopher. When you get back to your philosophy, don't treat it like a chore or obligation. Instead, see it as a source of ease and comfort. Remember, philosophy

should align with your natural desires. Consider what truly brings you happiness and peace - maybe it's being brave, being free, keeping things simple, staying calm, and being pure in heart. Think about how satisfying it is to navigate through life without stumbling. The world and its problems may seem confusing and tough to understand, but focusing on virtues like courage, freedom, simplicity, calmness, and integrity can guide you in the right direction. It can be tough to deal with difficult people or even yourself sometimes, but in the chaos of life, it's important to focus on what truly matters and what you value.

10. Like, you gotta like, chill about the whole idea of you know, dying one day naturally. And like, don't stress about waiting for that to happen. Just be cool with two things: first, like, nothing will happen to you that's not part of the universe's plan. And second, you have the power to not go against your true self or spirit. No one can like, force you to act against that.

11. What am I even doing with my life right now? I should be checking in with myself on the reg and asking, what's my logical side up to at this moment? Whose mind and energy am I channeling right now - a kid's, a teenager's, a grown woman's, a dictator's? Am I thinkin' like a total savage or what?

12. Like, you can tell what things are legit good by looking at this. When people talk about stuff like wisdom, self-control, fairness, and courage as good, you can tell they mean it for real because they don't need to keep listing more things. But when they talk about things that most people think are good, you kinda wanna hear more examples. It's cool to hear that when someone talks about virtues being good, they mean it seriously, but when they talk about money, fun, or fame, it's more like a joke. So, think about it - maybe those things that people make fun of on stage, saying even though they have all the riches, they don't even have a place to do their business, maybe those things are the real deal and should be respected and valued the most.

13. All I consist of is just form and matter. Nothing can make that disappear completely. I didn't just come out of nowhere and become a living being. Every part of me will eventually become part of the world in some way, and then keep moving on to other parts, forever. This kind of change is how I ended up as myself, and the same goes for those who created me, and those before them, and so on. We can talk about it this way, even though there are limits on how long things can go on in the world.

14. Bro, reason and logic are like totally chill with just being themselves, you know? They don't need anything else to fill them up. They get their vibe from within. Their vibe

is all about moving forward towards their goal, you feel me? It's like they know what's up and they keep it real. They're like all about getting stuff done in a straight-up way. It's like they're called κατορθώσεις 'cause they keep it direct on their journey. Man, you can't be about something that ain't really you deep down. Like, your true essence ain't about all those outcomes and end results. Your true purpose ain't about completing planned actions and stuff. And hey, about all these worldly things, if they were really supposed to be yours, why would you be dissing them or going against them? Like, you wouldn't be seen as cool for living without them if they were actually good things. If they were rad, then why would being able to let them go be seen as a good thing? Nah, it's the opposite - the more you detach from all that flashy stuff, the more people see you as a boss.

15. Like, bruh, whatever you think and ponder about will totally shape your mind over time. 'Cause y'know, your soul kind of absorbs vibes from your thoughts and daydreams. So, like, gotta dye your mind with those thoughts and really let 'em sink in. For instance, wherever you live, you have the ability to live a good and happy life there. If you're at the Court, you can totally make it a good and happy place too. Also, everything is naturally inclined towards its purpose, and can't help but lean into it, you feel me? And whatever something naturally leans towards, that's like its ultimate goal. And where that goal lies, that's where its true goodness and benefits come from, you dig? So, being part of society is the ultimate good for us humans 'cause, like, it's been proven that we thrive in social settings. And, like, isn't it obvious that the inferior stuff usually gets overshadowed by the better stuff? And, like, the best things are kind of meant to complement each other, you know? Also, living things are totally better than non-living things, and among living things, the best are those with rational souls, for sure.

16. Wanting things that can't happen is like, crazy. But it's impossible for bad people not to do bad stuff. And everything that happens to you is just part of life, like it's natural or whatever. Plus, the same stuff happens to other people too. And like, if someone doesn't even know something happened to them, or they want to be praised for being cool about it, and they're chill instead of upset - isn't it messed up that being clueless or wanting approval is sometimes more important than being smart? Also, none of this stuff actually affects your soul or can get to it. Only your own thoughts and beliefs can do that.

17. After some thinking, dude is basically the closest to us; we should help them out and be patient with them. But if they mess with our true actions, they're just whatever to me: like the sun, wind, or a wild animal. Maybe one of them might get in the way of something I want to do; but my mind and determination can't be stopped, because it's

always finding ways to work around any obstacles that come up. My mind can turn any obstacle into a goal, which it focuses on as it follows its inclinations. So any hindrance becomes the main thing my mind focuses on, and what used to be in its way becomes the path to follow.

18. Respect the thing that's the top dog and most lit in the world, the one that uses and runs everything. Same goes for you; respect the thing that's the boss and most powerful in yourself, it's the same as the one we just talked about. It's what's in you, making everything else work for it, and also running your life.

19. This rule I must always keep in mind - if it doesn't harm the city, it shouldn't harm any citizen. Why stress over something that doesn't affect everyone? Focus on what someone did wrong rather than taking it personally. Remember how things are constantly changing and nothing stays the same in the world. Don't be arrogant or worried about things that won't matter in the long run. You're just a small part of the universe, with a limited time on Earth. Let others deal with their own actions - you do you.

20. Don't let the main part of your soul be influenced by physical pain or pleasure. Keep it separate from those feelings and limit emotions to their proper place. If those feelings do affect your mind, don't fight it since it's natural. Just don't label them as good or bad, and everything will be fine.

21. Living your best life with the Gods. Basically, you're good as long as you're staying positive and doing what you're supposed to. Jove (like, the big guy in charge) has a spirit looking out for you, making sure you're on track.

22. Don't be mad at the dude for his stanky breath or stanky armpits. Like, that's just how he naturally is, ya know? So it's like, his breath and his pits gonna give off that smell no matter what. "But he's smart," you say, "he should know not to stand too close and stink up the place." And you, my good friend, are also smart. Use your logic on him; tell him what's up, give him advice. If he listens to you, problem solved, no need to get angry.

23. 'Where there shall neither roarer be, nor harlot.' Why so? As thou dost purpose to live, when thou hast retired thyself to some such place, where neither roarer nor harlot is: so mayest thou here. And if they will not suffer thee, then mayest thou leave thy life rather than thy calling, but so as one that doth not think himself anyways wronged. Only as one would say, Here is a smoke; I will out of it. And what a great matter is this! Now till some such thing force me out, I will continue free; neither shall any man hinder me to

do what I will, and my will shall ever be by the proper nature of a reasonable and sociable creature, regulated and directed. Translation: 'Where there's no loudmouth or scandalous person.' Why though? If you plan to live somewhere peaceful where there's no drama, then you should do the same here. And if they don't accept you, it's better to leave this life rather than your job, but without feeling disrespected. Just think of it as, "There's trouble here, I need to leave." It's not a big deal! Until something pushes me out, I'll stay independent; nobody can stop me from doing what I want, and my actions will always be guided by being rational and social.'

24. That logic that runs the universe is all about bringing people together and creating harmony. It makes both good and bad things work together, kind of like a vibe check. Just peep how things are organized and put in their place based on how lit they are. The top dogs are all chilling together, vibing in perfect agreement.

25. How have you been acting towards the Gods? Your folks? Your squad? Your S.O.? Your kids? Your bosses? Your OGs? Your ride-or-dies? Your crew? Your peeps? Have you been keeping it real and not causing any drama with any of them? Think about all the stuff you've been through and how strong you've been. Your life story so far is lit, and you've held it down. How many good vibes have you vibed with? How many highs and lows have you brushed off? How many epic things have you been unbothered by? How many jerks have you dealt with calmly and wisely?

26. Why do ignorant people need to bother with what is knowledgeable and wise? And who is that person that is so knowledgeable? They understand the start and finish, and have the true knowledge of the rational core that goes through everything existing, always staying the same through all ages, organizing and managing this universe in different time cycles.

27. In like, soon you'll be either dust or bones; maybe just a name; maybe not even that. And really, what's the point? All the stuff we care about in life is honestly worthless. The important stuff, when you look at it right, is like babies fighting: silly and pointless. Things like faith, modesty, justice, and truth have basically left Earth for heaven. So, why are you still here? If physical things are so changeable, and our senses unreliable, and our souls just blood, why bother? What are you waiting for? Death or a big change; just accept either with peace. When that time comes, what will make you happy? Probably worshipping the Gods and doing good for people. Being kind, not hurting anyone. And remembering that stuff tied to your body or life isn't really yours to control.

28. You can always succeed if you just choose the right path; if in both your thoughts and actions, you follow a clear method. These two things are shared by all souls, from God to humans, and every rational being: first, that nothing can obstruct them in their own work; and second, that their true happiness comes from being in harmony with righteousness, and that's what they truly desire.

29. If this ain't my fault or anything to do with me being evil, and if it doesn't harm anyone else, why should I care? How can the public even be affected by this? Don't just go along with what people think or say. Provide help when you can, but don't stress if they suffer losses for worldly matters. Don't think they're truly harmed by it. Like in that play with the foster-father asking for his foster-child's toy, remember it's just a toy. What's the point of all the arguing and drama in court? Remember what really matters! Don't get caught up in what others value. Be smarter than that. I used to be foolish, but I've learned better now.

30. Let death come whenever and wherever, I might be chill or a happy man, no cap. 'Cause a happy man is someone who vibes with good energy and does good things.

The Sixth Book

1. The universe is basically chill and doin' its own thing. The higher power in charge ain't got no reason to be bad or do any harm. It's all good vibes and everything happens as planned.

2. It's all good, whether you're feeling chill or totally lit; whether just taking a nap or knocked out; whether getting hate or getting love, just do your thing; or even if you're not feeling it or doing something else; 'cause even 'dying' is considered one of the things we have to do in life.

3. Check it out, don't let the real value or true quality of anything slip past you before you fully understand it.

4. All substances eventually go through a transformation, either merging back together into one substance through exhalation or getting scattered and spread out, as some believe. As for the Rational Essence that governs everything, understanding itself and its actions, we may not get it like it does, so it's no surprise that we're puzzled by things we can't fully grasp.

5. The best way to get back at someone is to not stoop down to their level.

6. Make it your only satisfaction to keep spreading kindness without stopping, always keeping God in your thoughts.
7. The logical control part, like it can totally hype itself up and change its own vibe; so it's all about making itself and whatever goes down, look the way it wants.
8. If the universe is just a big old mess that's gonna break apart eventually, why should I even bother sticking around in this chaotic mix? Why should I give a crap about anything besides returning to the earth as soon as I can? Why bother trying to please the Gods when my end is just gonna be dispersing anyway? But if there's some divine order and Providence governing everything, then I'm not just wasting my time being religious. I'll chill out, be patient, and trust in the higher power running the show.
9. When you're dealing with some tough stuff, just take a moment to chill and get back to yourself as soon as possible. Don't stay upset longer than you have to. By doing this often, you'll be better at handling similar situations in the future. If you mess up, just come back to center right away and start over.
10. If you had both a stepmom and your real mom alive at the same time, you would still honor and respect both of them. But you would always go to your real mom as your main support and source of comfort. So, treat the court and philosophy the same way. Turn to them often to find solace and remind yourself that they make the other hard stuff easier for you to deal with, and help you not be unbearable to others.
11. How lit it is for a dude to like, imagine meats and stuff for the mouth in the right way! Like, check it: This is fish flesh; this is bird meat; and this is pig meat. And like, in general; this fancy wine, it's just plain grape juice. This fancy purple robe? Just sheep fur dyed with shellfish blood. And like, sex is just a normal bodily interaction, according to Hippocrates. It's mad useful to have these vivid imaginations and see things for what they really are! You gotta do this your whole life, especially when things seem all high and mighty. You gotta uncover the true nature of things and strip away the fancy stuff, especially when it's all pomp and circumstance. Don't get fooled by appearances, especially when you think you're dealing with important stuff.
12. Check out what Crates²¹ says about Xenocrates²² himself.

²¹ Xenocrates of Chalcedon was a Greek philosopher, mathematician, and leader of the Platonic Academy (396/5 – 314/3 BC).

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13. Basically, he's saying that ordinary people usually admire basic stuff like rocks, trees, fruit, and stuff like that. More chill people might be into animals like sheep and cows. If you're even more laid-back and cool, you're probably into smart animals and people who can do art and cool stuff. Then there are those who are all about respecting anyone with a brain, who's good at being social and rational. They don't care about anything else and just focus on keeping their own brain sharp and being friendly with others. It's like they're working with God or something, because they're all about that intellectual and social vibe.

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15. Not gonna lie, it ain't about plants or animals or even applause from others that should matter to us. What really counts is staying true to yourself and following your own natural vibes. Like, all this education and work we do is about fitting ourselves for our purposes, you feel me? If you're good with that, then don't stress about anything else. But if you can't help but care about other stuff, then you ain't truly free, fam. You'll always be caught up in feelings like envy and jealousy. At the end of the day, being chill with yourself and keeping it real with your peeps is what's up. So, respect your own mind, stay in your lane, and vibe with the universe.

16. Uhh, like, so the basic elements are all about moving in certain directions, but when it comes to virtue, it's on a whole other level – like, way cooler and more divine. To really ace it and be successful, you gotta follow a path that's not just easy to get, ya know?

17. Who can't help but be shook by them? They won't hype up the ones around them, but still be mad thirsty for validation from strangers they don't even know. It's like being pressed about not getting love from people who are long gone.

18. Don't think that anything is impossible for humans if you can think it can be done, even if it's difficult. If you can imagine something being possible and right for anyone, then believe that it's possible for you too.

19. Imagine if someone straight up scratched and busted your head at the palestra. You're hurt, but you don't freak out. You don't hold a grudge or think they were out to get you. Even if you try to keep away from them, it's not because you see them as an enemy. It's more like avoiding drama in a peaceful way. Carry that chill vibe in other areas of your life too. Sometimes you gotta handle things like you're dealing with a competitor at the palestra. You can steer clear without being all suspicious or mad.

20. If anyone wants to call me out and show me where I messed up in my thinking or actions, I'll totally own up to it. I'm all about finding the truth, because that's what really matters and helps everyone in the end. Sticking to your mistakes is what really causes harm, so I'm all for correcting myself when needed.

21. I'm just gonna do my thing and not let anything distract me. I'll use things in the world with reason, but not let them bother me. I'll treat people with empathy 'cause we're all just trying to figure it out. And hey, don't forget to stay connected with a higher power. Time doesn't matter, just focus on living the moment.

22. Alexander of Macedon, and the dude who took care of his mules, when they died, they both ended up in the same place. Like, maybe they went back to the same basic essence where everything in the world comes from, or maybe they were both scattered into tiny particles.

23. Think about how many different things, like, happen in us all at once, both physically and like spiritually. So, like, don't be surprised if, you know, a lot more things or actually all things that happen, can, like, exist at the same time in, like, this super big thing we call the world.

24. If someone asked you how to spell the word Antoninus, would you immediately focus on it and say each letter? And if someone started arguing with you about it, would you argue back or just keep calm like you started, until you spelled out every letter? Remember, every task a person has is like a specific challenge that you must calmly and orderly work through without getting into unnecessary drama or fights with someone who wants to argue with you.

25. Do you think it's not harsh to stop dudes from doing things they think are totally in line with their own vibes and are like, super good for them? But every time you get mad at them for messing up, it's like you're not letting them do that. They probably think those sins are actually helping them out in some way. You might be like, "Nah, that ain't it." So maybe just educate them and show them the right way, but don't get all heated about it.

26. Dying means escaping the chaos of constantly feeling things, being controlled by your emotions, making mistakes, and being at the mercy of your physical desires.

27. Bro, if your body can handle this life, it would be a bummer if your soul tapped out first. Watch out, dude! Don't go from being all deep and intellectual to just another power-hungry ruler, getting all corrupted by the system. It could totally happen if you're not careful. So, just keep it simple, stay real, be serious, don't show off, care about fairness, be a good person, and be tough enough to handle whatever comes your way. Try to stay true to who you are, and stick to the path that philosophy would've set you on. Respect the higher power, look out for others, life is short. Being kind and having a righteous attitude are the only things that really matter in this world.

28. Remember to be like Antoninus Pius, ya feel me? Stay true to reason, keep it chill in all situations, stay pure, stay positive, stay humble, dig deep into the facts, stay patient, and never rush into things. Be cool with haters, stay curious about people, don't gossip, and don't get too worked up about stuff. Keep it real simple, stay strong, and be a solid friend. Be open to criticism, stay open-minded, and stay true to your beliefs without going overboard. Keep it spiritual without being superstitious. Just keep all that in mind, so when your time's up, you can be at peace just like him, you know? 🙏

29. Wake up your mind and get yourself together after being caught up in your own thoughts and imagination. Once you are fully awake and realize that those thoughts were just a dream, like waking up from another type of sleep, see things in the real world with the same perspective as you did in that dream.

30. Bruh, I am both body and soul. My body doesn't really care about anything in particular, it's all the same to it. My mind only focuses on what it's currently doing, anything else is unimportant.

31. If a person stays in their lane and does their thang, their work ain't no cap. If a homie does what they supposed to do, then it's all good – it ain't doing them dirty. But, yo, if happiness was just about pleasure, how did all these shady folks get a big slice of the joy pie?

32. Yo, like, can you not see how even people who are, like, not super smart at all in some ways are totally dedicated to their jobs and, like, don't even wanna stray from their path? Isn't it crazy that an architect or a doctor can be so devoted to their craft, but a person doesn't show the same dedication to, like, understanding their own nature and using reason, which, like, we share with the gods, you know?

33. Asia, Europe; what are they, but like just different parts of the whole world; where the whole sea is just a tiny drop; and the big Mount Athos is just a speck, as all present time is just a tiny moment in eternity. Everything, petty things; everything that's easily changed, easily forgotten. And everything comes from one starting point; either each thing individually planned and decided by the big boss of everything; or all by necessary consequence. So the scary gap of a lion, and all poison, and all harmful things, are just (like the thorn and the mire) the necessary results of beautiful things. Don't see them as opposites to what you highly value and respect; instead, think about the true source of everything in your mind.

34. Those who truly understand what's going on right now have basically seen everything that has ever happened or will happen, because everything is interconnected. Think about how all things in the world are related and influence each other. All things are interconnected and ultimately work together in harmony. One thing leads to another through different factors like physical movement, natural alignment, and the unity of all substances.

35. Adapt and adjust to the situation and events that have been assigned to you by fate; and show genuine love for the people you are meant to be around. An object, a tool, anything, as long as it serves its purpose, it's good even if the one who made it is gone. But in nature, the power that created things still remains within them. That's why it should be respected more, and we should feel grateful that we can live according to its design. This is how true happiness is achieved.

36. Bro, if you start trippin' over stuff that's out of your control and blame the universe or other people when things don't go your way, you're just setting yourself up for an endless cycle of complaining and hatin'. The real deal is to focus only on what you can actually control and leave the rest behind. Don't waste time beefing with the Gods or anyone else when you can just do your own thing and keep it chill.

37. We all out here grindin', some doing it willingly and fully aware of what's up, while others clueless AF. It's like Heraclitus said, even those sleeping are playin' a role and adding to the world's big picture. Each person be bringin' something different to the table, even the ones complaining and tryna throw shade. It's all part of the plan, ya dig? So, you best figure out where you fit in all this. 'Cause the big boss gonna make use of you one way or another, and make sure everything you do adds to the master plan. Just don't be a total fail like that wack verse Chrysippus mentioned, be a real one in the comedy of life, ya feel?

38. Do the sun or Aesculapius, unto the earth, do each other's job? And what about all the stars? Even though they are all unique and have different roles, do they all still work together towards the same goal?

39. If the Gods have decided my fate, I gotta go with the flow and trust their wisdom, ya know? Why would they wanna mess me up for no reason? And even if it's not about me specifically, they're looking out for the big picture, so whatever happens, I should accept it. But, if they're not even in the picture at all, I'm just glad I can make my own choices and do what's best for me. Being a rational and good person is key, and being chill with my peeps is the vibe. My main jam is to do what's best for Rome and the world, 'cause that's where I'm at. Peace out!

40. Like, whatever goes down for anyone is lowkey good for everyone. And like, it's enough if it's good for everyone in general. But also, if you pay attention, you'll notice that whatever goes down for one person or like a group of peeps... And like, it's cool if we think of "expedient" as like stuff that's in the middle or like not super important things, like health and money and stuff.

41. All the basic stuff we see around us all the time gets old real quick, y'know? Like going to the same theater shows over and over, or seeing the same things in the same way. It all just starts to feel boring and annoying. And that's kinda how life is too. Everything we see, everywhere we look, it's all the same old stuff happening for the same reasons. So like, when will things ever change, you know?

42. Think about how so many people from different walks of life, professions, and countries have died... to the point where you're considering even the most unexpected individuals. Move on to the next generations. We'll eventually end up where all the great speakers, wise philosophers like Heraclitus, Pythagoras²³, Socrates, ancient heroes, recent courageous leaders, and kings are. And then where thinkers like Eudoxus²⁴, Hipparchus²⁵, Archimedes²⁶; along with many other sharp, bold, hardworking, clever individuals, including those who have mocked the shortness of human life. All of them have passed away long ago. And what do they truly lose from it? Even those who are forgotten, does it really matter to them? The only thing that really matters in this world is to interact compassionately and honestly with deceitful and unjust people, according to what is right and fair.

²³ Pythagoras of Samos (570 - 495 BC), a philosopher, scientist, and moralist of the 6th century.

²⁴ Eudoxus of Cnidus (c. 395–390 BC – c. 342–337 BC), Greek astronomer and mathematician, student of Plato.

²⁵ Hipparchus (c. 190 – c. 120 BC), a Greek astronomer, geographer, and mathematician. He is the founder of trigonometry, and considered the greatest ancient astronomical observer of antiquity.

²⁶ Archimedes (c. 287 – c. 212 BC), Ancient Greek mathematician, physicist, engineer, astronomer, and inventor. Considered to be the greatest mathematician of ancient history.

43. When you need a pick-me-up, just think about all the cool qualities and talents of the people you hang out with every day. Like, one person's work ethic, another's humility, someone else's generosity, and so on. It's seriously the best feeling when you see all these awesome traits in your friends and fam, all at once. So, keep those good vibes handy for a quick mood boost.

44. Do you feel bad that you only weigh a certain amount of pounds and not three hundred instead? Well, you should feel just as bad that you'll live only a certain number of years and not longer. Just like you're okay with the amount of weight you have, you should be okay with the amount of time you have.

45. Let's try our best to convince them; but if reason and justice tell you to do it, then go for it, even if they're really against it. But if someone tries to stop you by force and gets in your way, just switch your focus to something else, from being fair to staying calm and patient. Use any obstacles as a chance to practice another virtue. Remember that you were originally interested with some exceptions and conditions. You didn't aim for anything impossible. What did you aim for then? To always keep your desires in check with this kind of moderation. And you can always achieve that, whether the thing you want is within your control or not. And why should I need anything else, if I can fulfill the purpose of my life (to govern all my desires with reason and good judgment)?

46. The ambitious think that getting recognition and praise for someone else's work is what makes them happy; the pleasure-seekers rely on their own desires and feelings; but the wise focus on their own actions. Translation: People who are all about the clout think that getting credit for someone else's work is lit, while those who are all about indulging their own senses and feelings are just vibing. But the really smart ones know that it's all about their own moves.

47. You have the total power to completely block out any thoughts and judgments about this, and in doing so, you can also block out any sadness and pain from your mind. The things themselves don't have the power to make us think anything.

48. When someone talks to you, like, totally focus on them and, like, don't let any other thoughts, like, distract you. Try to, like, really connect with their vibes, no matter who they are.

49. If it ain't good for the hive, then it ain't good for the bee.

50. Will passengers or patients even trip and spill the tea, whether they're living their best life or healing like a boss? Do they want anything more than that; passengers just want their captain to steer them safely to shore, and patients just want their doctor to help them bounce back?

51. How many of the homies born around the same time as me have already dipped from this world?

52. Why should I get mad, tho? Do I really think being wrong and having false beliefs are any less influential in causing people to mess up than getting too angry leading to jaundice or getting poisoned leading to rage? Like, it's all about perspective, ya know?

53. No one can stop you from living your best life according to your true self. Only good things will come your way, because that's just how things are meant to be.

54. What kind of people are they trying to impress, what do they want to achieve, and how are they going about it: time will soon make everything fade away and be forgotten, and it's already forgotten so many things!

The Seventh Book

1. What is wickedness? It's like stuff you've seen before over and over in the world. Whenever something happens that could bother you, just remember that it's nothing new. Basically, the same old stuff keeps happening all the time. Everything you see has been seen before in ancient stories, middle age stories, and modern stories. It's all been done before and it doesn't last long.

2. Tbh, as long as you keep those core beliefs and thoughts alive by staying up to date and continuously engaging with relevant ideas, you'll be good. Ya feelings and perceptions play a big part too, so make sure to keep em fresh. At the end of the day, I have the power to choose how I see things, so why stress? Stuff that I don't get doesn't even matter, it's all about what's true to me. Just stay focused on that and you'll be chill.

3. Bruh, you can make yourself hella happy while you're still alive by experiencing life all over again, you feel me? Like, seeing everything all over again. Think about it – it's like getting a chance to live a second life. Forget about all the fancy events, theater shows, and drama – that's just a show for everyone else. Focus on staying chill, humble, and

not getting worked up over things. Understand that your worth is measured by what you care about, ya know?

4. Like, we just gotta take things one step at a time and really understand them, you know? It's the same with actions and goals – gotta break it down and see what each little thing is all about. And when it comes to words, we gotta be on it, figuring out the true meaning and how it fits in, no matter how people normally use it.

5. Is my reasoning and understanding good enough for this, or nah? If it's on point, I'll use it without needing any personal recognition or showing off like it's all me. I'll just get the job done, using the skills I was born with. But if I'm not up to the task and it's not my responsibility, I'll either back off and let someone else handle it better, or I'll give it a shot with someone who can help me out. Together, we'll make something happen that's useful for everyone. Whether I'm doing stuff solo or with a crew, the main goal is to do what's right for the community. Don't stress about asking for help—you gotta focus on getting the job done, like a soldier trying to climb a wall. If you can't reach the top all by yourself, but you could with a buddy, don't let that hold you back or make you lose your motivation. Just go for it!

6. Don't stress about the future, dude. Everything is connected and has a purpose, like a chill cosmic vibe. It's all part of the same flow, and we're all just different pieces of the same puzzle, ya know? So just stay true to yourself and trust that everything will fall into place.

7. Like, anything physical disappears into the bigger picture eventually, and anything that gives life or shape to something physical is just part of the overall plan. And the significance or memory of anything gets lost in the grand scheme of things.

8. For someone who's got their act together, doing something is just both natural and reasonable.

9. On its own, not fixed up.

10. Basically, people are stronger together when they work as a team rather than being separate and scattered. So, it's important to remember that we are all part of the same group of intelligent beings. When you think of yourself as a member of this community, you'll understand this concept better. If you see yourself as just a small part, you're not truly caring about others. Enjoying helping others should come from a deep understanding and appreciation of humanity. Doing good things for others should make you feel good about yourself too, not just because it's the right thing to do.

11. Bruh, whatever happens outside doesn't bother me. Let those things that can get messed up by outside stuff deal with it on their own. As for me, as long as I don't see what happened as bad, I'm good and can choose not to see it that way.

12. Like, do whatever you do and say, just be dope; not for anyone else, but for your own vibe; it's like gold, emeralds, or purple always reminding themselves to stay true to their essence no matter what anyone else does or says.

13. This could legit be my source of comfort and security: my brain, that's in charge of everything, won't mess itself up for no reason. Like, it won't stress out on its own, it won't get itself caught up in desires. If someone else tries to make it scared or upset, that's on them. But seriously, as long as it doesn't bring that negative vibe on itself outta nowhere, there's nothing to worry about. Like, why should I let my body's pain mess with my mind? If the body wants to be scared or whine, let it do its thing. But the soul, yo, that's where the true feels of fear or sadness hit, and it's up to it with its thoughts and beliefs to let that in, or not; you gotta watch out for that, ensure it stays chill. Don't let it fall into that negativity. The brain can handle itself, and doesn't need anything else, and so if it's good, nothing can mess with it unless it messes with itself.

14. Yo, so like, happiness is basically just good vibes, you know? It's like having a lit guardian angel or something. But fr, why you gotta pop up in my head like that, random thoughts? I'm lowkey begging you to yeet yourself outta here. No cap, you're giving me major deja vu vibes, showing up uninvited like always. But don't get it twisted, I'm not mad or anything. I'm just saying, respectfully, could you not.

15. Is any dude so clueless as to be scared of change, which is like, how everything that didn't exist before came to be? And like, what's more chill and like, common for the universe than change? How would you even enjoy your regular hot baths if the wood that heats them up didn't change? How would you get any sustenance from the food you eat if it didn't change? Like, can anything useful and beneficial even happen without change? So, why don't you get that for you, like, death is just another form of change, which is totally natural and necessary for the universe's vibe?

16. Bruh, the whole universe is like a major vibe where all bodies are just chilling together, you feel me? Like, everyone's on the same wavelength, working together in sync. Think about all those legends like Chrysippus, Socrates, and Epictetus²⁷ who came before us - the world just swallowed them up whole, man. So, whatever you're thinking about, make sure you keep it real and stay focused, ya know? Don't stress over stuff.

²⁷ Epictetus (50 – c. 135 AD) was born into slavery at Hierapolis, Phrygia (present-day Pamukkale, in western Turkey) and lived in Rome until his banishment, when he went to Nicopolis in northwestern Greece, where he spent the rest of his life. His teachings were written down and published by his pupil Arrian in his Discourses and Enchiridion.

Just focus on being true to yourself and not doing anything that goes against your true nature as a human. The day will come when you forget everything, and soon enough, everyone else will forget about you too. So while you're still here, do your thing and show love even to those who do you dirty. Remember, they're just like fam, probably just making mistakes without even realizing it. And hey, in no time both you and them will be history. Most importantly, remember they ain't really hurting you, 'cause their actions can't mess with the greatness of your mind and soul.

17. The whole universe is like a big ball of clay that can shape-shift at will. Like, it can start off as a horse, then switch it up and become a tree, then transform into a human, and so on. But, like, none of these forms stick around for long. So, if it's not a big deal for things to come together, why should it be a big deal for them to split apart, ya know?

18. Sounding mad or angry ain't natural, you feel? Sometimes people look pissed when they're 'bout to kick the bucket. But even if you think you're totally chill and can't get riled up no more, you gotta keep thinking and use logic to see that anger and getting all worked up ain't logical. If you stop feeling innocent or having a clear conscience about doing the right thing, then what's the point of living, right? Everything you see now won't last forever. Nature's gonna switch things up and make new stuff from the old stuff. Keeps things interesting, ya know?

19. When someone does something wrong, think about what they thought was right and wrong at the time. If you understand that, you'll feel sorry for them and won't be surprised or angry. Maybe you still believe the same things they did or maybe something similar, so you should forgive them because you might have done the same thing in their shoes. Or if you don't believe what they did was right or wrong anymore, why not be understanding towards someone who made a mistake?

20. Don't stress about the future, just focus on the present and appreciate what you have now. Take time to really enjoy the things in your life and think about how much you would miss them if they were gone. But be careful not to rely too much on these present things, or you might end up feeling upset when they're gone. Look within yourself and find peace and contentment there, so you can be happy no matter what.

21. Dude, just focus on controlling your impulses and don't get caught up in drama. Reflect on what's going on in your life or with others. Sort through everything, think about what's important in the moment, and remember that life is short. Don't worry about other people's mistakes, just leave it be. Pay attention to what people say and try to understand why things happen. Be happy with being honest and humble, and don't get stuck in the gray areas between good and bad. Most importantly, be kind to others and follow your faith.

22. All those things are like totally planned out and organized, you know? Like, everything follows a certain order and stuff. And like, when it comes to the elements, just remember that everything in general is like planned out and has a purpose, you dig? And like, when it comes to death, it's like either gonna be like scattering, or the atoms doing their thing, or like total obliteration, or just like disappearing altogether, you feel me? And like, when it comes to pain, if it's like unbearable, it's all good 'cause death will like come to the rescue and end it real quick. And if it's like dragging on, then it's like all good 'cause you can totally handle it, you know? And like, your mind, which is like everything, can just chill and keep its peace by disconnecting from the body, you feel? Your brain won't like suffer 'cause of it. And like, if your body is like in pain, let it like speak for itself, you know? And when it comes to getting compliments and stuff, just check out where their head's at, you know? Like see what they're all about and what they're into, you feel? 'Cause just like how the beach gets covered up with new sand all the time and hides what was there before, in life, new things just keep on coming and replacing what was there.

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24. That's some deep wisdom from Antisthenes. Basically, he's saying it's admirable to do good even if people talk bad about you. He also thinks it's messed up how the face is controlled by the mind, but the mind doesn't care enough to improve itself.

25. Among different poets and comics. 'It won't really help you if you get angry and upset at the things that have crossed your path. They don't even realize it, etc. You'll just make a fool of yourself; to both the Gods and people, etc. Our life is like a ripe ear of corn; one is still standing and another is down, etc. But if me and my children are

ignored by the gods, there's a good reason for that, etc. As long as I have justice and fairness on my side, etc. Not to cry with them, not to be scared, etc.'

26. That passage from Plato is so fire! Basically, what he's saying is that true wisdom and happiness ain't about clingin' to life like it's all that matters. It's about livin' justly and virtuously while we're here, and not bein' afraid to face our actions. Like, we gotta focus on bein' good people and doin' the right thing, instead of just tryna live forever. Plato's also talkin' about how we gotta look beyond the material stuff in life and see the bigger picture, ya know? Like, considerin' all the crazy stuff happenin' in the world and how it all fits together in a beautiful and complex way. it's deep, for real.

27. Looking back on the old days, like thinking about all the different changes in governments and stuff. We can also think about the future, 'cause it's gonna be more of the same. Like, everything that's happening now is just gonna keep going. So, like, it doesn't really matter if someone's around for just 40 years or like 10,000 years, 'cause what's gonna be different? Like, everything that came from the earth is gonna go back to the earth, and like, stuff from heaven will go back to heaven. Whether it's all about like atoms breaking apart or like elements disappearing... People try to stay alive with food, drinks, and like, magic stuff, but in the end, we all gotta face whatever's coming, no matter how hard we try to avoid it.

28. He's more buff and can wrestle better than me. So what? Is he more generous? Is he more humble? Does he handle tough situations or forgive others more gracefully than me?

29. Where things are going well and make sense for both the gods and humans, there shouldn't be any reason to be sad. If you can see the positive results of your actions and follow through with them properly, there's no reason to worry. It's always within your control to accept what God has given you, interact fairly with others, and carefully consider each thought that comes your way, so nothing sneaky or misleading can get past you before you understand it fully.

30. Don't worry about what other people think, just focus on where nature is leading you. Everyone is meant to do what aligns with their true self. Remember that everything is meant for the benefit of rational beings, and we are meant to support each other. Your main goals should be to seek the common good, resist temptations, and avoid making hasty decisions. Stay focused and stay true to yourself to find happiness.

31. 'Bro, make the most of your life by living virtuously and loving what comes your way. Like, when things go sideways, think about other peeps in similar situations and how

they handled it. Don't stress or complain, cuz in the end, everyone's gonna bite the dust. Learn from others and focus on using those tough times to grow and be a better version of yourself. Remember to stay true to yourself and always strive to do what feels right. You gotta be flexible and adapt to whatever life throws at ya. And, like, always remember that the key to success is within yourself. Keep digging deep and you'll find endless potential, dude."

32. You gotta make sure to keep your body still and on point, without any extra or weird movements or poses. Just like you can control your facial expressions and keep them serious and respectful, you should be able to do the same for your whole body. Just keep it natural, no need to be all fake about it.

33. The key to really living your best life in this world is more like a wrestler's approach than a dancer's routine. Because both are all about preparing yourself for anything that comes your way, so that you stay strong and won't be knocked down by anything.

34. You gotta always think about what kind of people they are, and what they really think, whose approval you're seeking. Once you understand where they're coming from, you won't get upset when they act out, or feel bad if they don't praise you. Everyone wants the truth deep down, so be understanding of their opinions and desires. Remember that everyone values honesty, justice, kindness, and being chill. Keep this in mind and you'll be more chill and kind to everyone.

35. When you're feeling any kind of pain, just remember that it's nothing to be embarrassed about and it won't make you dumber. Pain can't change or ruin you, no matter what the cause or outcome is. Epicurus taught that most pain isn't unbearable or forever, so as long as you stay rational and don't let fear take over. Remember that many things can bother you without you realizing they're basically pain too, like restless sleep or feeling hot or losing your appetite. So when these things make you upset, just tell yourself: Pain didn't beat you; you lost your strength.

36. Watch out that you don't act all fake around shady people, like how regular folks usually treat each other.

37. How can we tell if Socrates was really that great and unique? Just because he died a hero, debated with the Sophists²⁸ like a boss, endured harsh winters, and stood up against unjust orders doesn't automatically prove his greatness. Even if he walked around all dignified and majestic, as his haters claim, we can still question whether that was true or not. But what truly matters is what kind of person Socrates was deep down:

²⁸ A sophist was a teacher in ancient Greece in the fifth and fourth centuries BCE. Sophists specialized in one or more subject areas, such as philosophy, rhetoric, music, athletics and mathematics. They taught arete, "virtue" or "excellence", predominantly to young statesmen and nobility.

did he strive to treat others fairly and honor the gods in all he did? Did he focus on living a just and righteous life, not bothering with the wrongdoings of others or getting involved in shady business for the sake of fear or friendship? Did he face life's challenges with resilience, never losing his cool or giving in to his physical desires? We can't think that our nature is so tied to our bodies that we can't rise above and pursue our own goals independently.

38. It's totally possible for someone to be super amazing but still not be well-known. Just remember that true happiness comes from only a few things. Even if you don't think you'll ever be a super educated or skilled person, it doesn't stop you from being kind, humble, generous, or faithful to God.

39. Out here just living my best life, not letting anyone bring me down, even if people be hating or things be going sideways. Gotta stay calm and chill, keep a clear mind and be ready for whatever comes my way. No need to stress about stuff that's out of my control. Just gotta stay true to myself and handle my business, ya feel me? Gotta embrace every situation as an opportunity to grow or help out someone else. The key is to do it all for the greater good, whether it's for God or for others. Everything that goes down is just part of life, nothing we can't handle.

40. When a dude has reached peak vibes in his life and how he acts, it's like living every day to the fullest without holding back. Not being too extra with his feelings, but also not being totally chill like he has no clue what's up. And keeping it real with no fake vibes.

41. Can the Gods, who are like, immortal and stuff, just like chill for so many ages dealing with all these sinners, and not get totally triggered? And like, they even look out for them so they're good, and here you are getting all bent out of shape like you can't handle it anymore; especially when you're just, like, a blip in time? And aren't you also, like, one of those sinners yourself? It's, like, so dumb that anyone would let themselves get away with being all shady and stuff, when they can totally control it; and trying to shut it down in others when that's, like, not gonna happen at all.

.42. Like, if our chill and friendly vibes don't get anything to like, make sense or be kind with, she's def not into it.

43. When you do something good and someone else benefits from it, do you really have to go out of your way to show off or expect something in return? People don't get tired of things that are good for them. Every natural action is good for you. So don't get tired of doing good things that benefit you and others.

44. The universe totally planned to create the world way back in the day. So everything happening is either a result of that original plan or because the world's rational part is looking out for its creatures. Remembering this can bring you peace of mind.

The Eight Book

1. This whole vibe can help you from getting all caught up in yourself; like, if you realize that you're nowhere near getting praise from someone who's been living that philosopher life since forever. 'Cause let's be real, you've done a whole bunch of stuff that doesn't exactly scream "ideal life." You've gone off track, and now it's gonna be a struggle to get back on that philosopher status. Plus, your job and what you're about totally clash with being a philosopher anyway. So like, if you actually get what's important, don't stress about your rep or getting props. Just focus on living the way that feels right for you, ya know? Figure out what's true to your nature, and block out anything that's distracting you. You've already learned that chasing after stuff like fancy reasoning, securing the bag, having a good rep, or indulging in pleasures doesn't actually lead to happiness in the end. So where's the happiness at then? It's in doing what just straight-up feels right for a human. And how do you do that? By having solid beliefs about what's good or bad, 'cause what you think affects how you act. And what beliefs are those exactly? The ones about what's good for you, like being fair, disciplined, brave, and generous. And what's bad for you is the opposite of that.

2. Yo, before you do anything, real talk - ask yourself this: "How's this gonna vibe with me after I do it? Will I end up regretting it?" Real ones stay woke - we're all gonna be dust soon, so why stress about petty stuff? The only thing that matters is keeping it real and doing what's right for the greater good. Stay true to yourself and let that inner wisdom guide you, just like the universe follows its own laws. Don't get caught up in all that fake noise, fam.

3. Fam - who even cares about those ancient dudes like Alexander, Caius²⁹, and Pompeius³⁰? They were just a bunch of surface-level fools trippin' on their own hype. Now peep this - true OGs like Diogenes³¹, Heraclitus, and Socrates? Those legends saw through all the fake BS and got deep into the real nature of things. They had that inner wisdom on lock and didn't let nobody control their vibe. But those other clowns?

²⁹ Caius Claudius Maximus (fl. 2nd century AD), a Roman politician, a Stoic philosopher and a teacher of Marcus Aurelius. No works by him are known to exist.

³⁰ Pompeius, C. Pompeius Magnus (106-48 B.C.), a very successful general at the end of the Roman Republic.

³¹ Diogenes the Cynic or Diogenes of Sinope (412 or 404 - 323 BC) was a Greek philosopher and one of the founders of Cynicism.

They were straight-up slaves to their own egos and delusions, fam. The more they tripped, the deeper their slavery ran. Stay woke, and don't get caught up in that superficial nonsense, ya dig?

4. Listen up! What those clowns did in the past, they'll keep on doing, even if you trip and hang yourself over it. First off, don't let that mess get you all twisted, a'ight? Good and bad stuff happens according to the natural flow of the universe, and in a hot minute, everything's gonna be dust anyway - nobody's gonna remember the likes of Africanus³² or Augustus³³, feel me? Then peep this: focus on the real deal, look deep into it, and remember you gotta stay a solid dude, true to your nature as a human being. Don't get sidetracked from doing your thing, just spit what you feel is right, but do it with that chill, humble vibe, none of that fake nonsense, ya dig?

5. The universe is all about that constant flow, feel me? It's like, everything's just moving and changing, one thing becoming another, pieces shifting from here to there. But don't trip, it's all good! This cycle is as natural as it gets, so you don't gotta stress over any new situations popping up. All that happens is just the usual, ordinary vibe of the cosmos doing its thing, keeping that balance and equality on lock. So chill, and let the universe work its magic, fam.

6. Every individual vibe has its own flow when it's keeping it real and doing its thing, ya dig? Like, a reasonable nature is straight chillin' when it ain't trippin' over fake thoughts and illusions, feel me? It's just vibing on the level, focused on the greater good, not stressing over what it can't control. And most importantly, it's embracing whatever the universe throws its way, 'cause it's all part of the same cosmic dance. It's like a leaf flowing with the plant it's connected to - they're both pieces of the same natural puzzle. But here's the real deal: human nature is part of something bigger that can't be stopped or controlled. It's got that inner wisdom and justice on lock, distributing everything equally based on its true worth. So don't get caught up in comparing details, just peep the bigger picture and how all the pieces vibe together in perfect harmony, ya feel me?

7. You ain't got time to be reading all that extra stuff, am I right? But hey, that just means you got time to focus on what really matters - working on yourself and not trippin' over petty pleasures and pains. It's all about rising above that superficial noise and keeping your eye on the bigger picture. Don't even worry about those ungrateful fools - just keep doing you and looking out for their well-being too, you feel me? Stay woke, stay humble, and keep that inner wisdom on lock.

³² Publius Cornelius Scipio Africanus (236/235 - 183 BC) was a Roman general and statesman, most notable as one of the main architects of Rome's victory against Carthage in the Second Punic War.

³³ Gaius Julius Caesar Augustus (27BC - 14 AD) was the first Roman Emperor that ruled from 31 B.C. until his death in 14 AD. Julius Caesar was his maternal great-uncle, assassinated in 44 BC.

8. No more complaining about the struggles of living that courtly life, whether it's out in public or just to yourself. We get it, the struggle is real, but ain't nobody tryna hear that whiny noise. You gotta keep it real and focus on what really matters, you feel me?

9. Real talk - repentance is all about that inner reflection and self-critique when you've slacked off on something that was actually good for you. And let's be real, anything that's good is also gonna be profitable, so a real honest, virtuous person is gonna take that seriously and keep it in mind. But you'll never catch a real one regretting missing out on some carnal pleasure - that's just straight-up not good or profitable, fam.

10. This right here is the real deal - you gotta break down everything that comes your way and really examine it. Like, what's the true nature of it? What's it made of? What's its purpose and how long's it gonna last? You feel me? Don't just take things at face value, dig deeper and get to the core of it. That's how you stay woke and keep it real, you know what I'm sayin'?

11. When you're feeling hella sluggish and just can't seem to get your act together, you gotta remind yourself - this ain't just about you, it's about doing what's best for the whole squad, ya feel me? Like, your true purpose as a human is to look out for the greater good, not just chase after some fleeting pleasures. So don't even trip about being seen as some wise philosopher, that ship has sailed. The only thing that matters is staying true to yourself and doing what your soul needs, not getting caught up in all that superficial noise. At the end of the day, we're all just passing through, so why stress about petty stuff? Keep it real, stay woke, and let the haters hate - you do you, fam!

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13. Yo, listen up fam! When you first meet someone, ask yourself right away: "What's this person's take on what's good or bad, what's pleasure or pain, what's honor or dishonor, what's life or death?" You feel me? It's no big surprise if someone's got a certain outlook, so don't trip when they act accordingly. Remember, it's like getting mad at a fig tree for bearing figs - the world's just gonna do its thing, ya dig?

Whether you're talking to the Senate³⁴ or just some random person, keep your speech on point and humble, fam. Don't go all extra and fake with that perfect, proper talk about the world's vanity and all that - just keep it real and reasonable, you know what I'm sayin'?

14. It's all good if you gotta change your mind sometimes, and follow someone who can help you get it right. That's just as legit as figuring it out on your own from the jump. At the end of the day, you ain't gotta do anything beyond what your own mind and good judgment can handle, you feel me? So don't be trippin' on yourself - just focus on doing what you can, and don't worry about the rest.

15. If it was something you did, and it was in your power to do it, would you do it? If it wasn't, who you gonna blame, the atoms or the gods? 'Cause either way, that's some straight-up crazy talk. You can't be blaming nobody, fam. But if it is in your power, then fix what's messed up. If it ain't, why even bother complaining? There's no point in doing anything unless it's gonna get you to some real goal, you feel me?

16. Whatever dies, however and wherever it dies, it ain't gonna just disappear. It takes another form. It's gonna stay right here, changing and shifting, and when it breaks down, it's just gonna go back to its original elements. Those are the same elements that make up the world, and the same ones that make you up too. And when those elements change, they don't complain about it - so why should you, fam?

17. Everything that exists was made for a purpose, just like a horse or a vine, ya feel me? So why you trippin' over that? Even the sun itself would be like "I was made for something, bruh." And every god's got its own role to play. So what were we made for then? Just to chill and have a good time? Nah, that ain't how common sense and reason see it. They ain't tryna hear that nonsense.

18. Nature's got its own endgame, just like everything else, you feel me? It's all about that beginning and continuation, that constant flow of the universe doing its thing. It ain't no surprise, it's just the natural order of things. So don't even trip about it, fam. It's all part of that bigger cosmic dance, and we're just along for the ride.

19. It's like tossing up a ball, fam. What's the difference if it goes up or down? Or if it just hits the ground? It's the same with a bubble - what's the point if it just keeps floating around or pops? Even a candle, you feel me? So why you trippin' over fame or death? That body of yours, that's just some nasty, withered, old mess. And this whole life, it's

³⁴ The Roman Senate was the highest and constituting assembly of ancient Rome and its aristocracy

over in a hot minute. The ones who praise you, the ones who remember you, they'll all be dust too. And the whole world, it's just one tiny speck in the grand scheme of things, you dig?

20. Facts - the real deal here is what you gotta focus on. Is it the actual matter itself, or the belief, or the action, or the true meaning and significance behind it all? That's what you need to be considering, you feel me?

21. Yo, listen up fam - you brought this on yourself, no doubt about it. But why you trippin' over it? You could be making moves to get it right, but instead you'd rather wait until tomorrow to be a better person. What's up with that, bruh? The time is now, you feel me? Quit slackin' and start puttin' in that work today.

22. You gotta ask yourself, "Should I do this thing?" Well, if the answer's yes, then let's get it done! And when life throws some adversity your way, just roll with it, you feel me? Keep in mind that everything comes from that higher power, that source of all things. So whatever happens, just know it's all part of the bigger plan.

23. Yo, let's talk about this whole bathing thing, fam. You know how much time we waste on that? It's just oil, sweat, and straight-up filth, bro - like, the nasty, crusty leftovers from all the ointments and stuff we slather on our bodies. And that's pretty much how it is with most of our lives, you feel me? Every worldly thing we get caught up in is just as gross and pointless when you really look at it.

24. Yo, check it - Lucilla³⁵ was out here burying Verus³⁶, and then she got buried by others. Same thing happened with Secunda Maximus, then Secunda herself. Epitynchanus, Diotimus³⁷, then Epitynchanus. Antoninus Pius³⁸, Faustina his wife, then Antoninus. That's just how it goes, fam. First Celer, Adrianus, then Adrianus. And those super serious, philosophical types, where they at now? Charax, Demetrius the Platonic, Eudaemon - all those austere dudes, they were just around for a hot minute, then they were gone, forgotten. Some of them didn't even last a day before they were just straight-up fables. The point is, whatever you're made of, it's all gonna get scattered sooner or later. Your life, your soul, it's either gonna be done or just moved to some other spot. That's just how the universe rolls, you feel me?

³⁵ Annia Aurelia Galeria Lucilla or Lucilla (148/150 – 182 AD) was the second daughter of Roman emperor Marcus Aurelius.

³⁶ Lucius Verus (161 - 169 AD) Lucilla's son, named after his father Lucius Verus.

³⁷ Diotimus was a Stoic philosopher, who lived circa 100 BC.

³⁸ Titus Aelius Hadrianus Antoninus Pius (86 – 161 AD) was a Roman emperor from AD 138 to 161. He was the fourth of the Five Good Emperors from the Nerva–Antonine dynasty.

25. The real joy in life is doing what's true and proper for a human being. That means being kind and caring towards your fellow humans, ignoring those fleeting pleasures and impulses, and really understanding the nature of the universe and your place in it. There are three main things to focus on:

First, the apparent causes and reasons behind what happens in the world. Second, tracing it all back to the original source, God, who's behind everything that goes down. And third, figuring out how to use that knowledge to help and benefit the people you interact with.

At the end of the day, that's where the real fulfillment is at, fam. Forget about trying to be some wise philosopher - just keep it real and do what your soul needs, you feel me? The only thing that matters is staying true to yourself and looking out for the greater good, not getting caught up in that superficial noise.

26. Yo fam, let's talk about this pain thing, a'ight? If you think it's some evil vibe, then either it's gotta be about the body - but real talk, the body itself can't even feel that mess. Or maybe it's about the soul? But listen up, the soul's got the power to keep her chill and not let that pain trip get to her, ya dig? 'Cause at the end of the day, all that judgment and decision-making, all that desire or avoidance, it's coming from within. And unless you let that evil idea in through your own thoughts, that sense of pain can't penetrate into your soul, fam. You feel me?

27. Listen up, it's time to cut out all that meaningless nonsense and keep it real with yourself, ya dig? Tell yourself this on the regular: "I got the power to keep my soul free from all that wack wickedness, lust, and thirsty cravings. I can stay chill and not let myself get twisted up in drama and confusion. Instead, I'll peep everything for what it truly is and treat it all according to its real worth." Remember, nature blessed you with that inner strength to stay woke, so use it, fam!

28. Whether you're talking to the Senate or just some random person, keep your speech on point and humble, you know what I'm sayin'? Don't go all extra and fake with that perfect, proper talk about the world's vanity and all that - just keep it real and reasonable, you feel me?

29. Let me break it down for you - all those big shots like Augustus, his whole crew, his wife, kids, nephews, in-laws, even his sister and homies like Agrippa and Maecenas - they were living large back then, right? But peep this: they all ended up biting the dust, just like everyone else. Same deal with all the other royal fam-squads after Augustus'

time, no matter how blinged out they were when they were alive. Death don't discriminate, ya dig?

Then you got whole bloodlines like the Pompeys wiped out, with some gravestones straight-up saying "THE LAST OF THEIR LINEAGE" - can you even imagine? All that stress their ancestors went through, trying to keep the family name going, and boom - it's a wrap. At the end of the day, somebody's gotta be the last one standing in every fam. So don't get too caught up in all that royal hype, 'cause we all end up as dust eventually, fam.

30. Let me break it down for you - focus on doing what you can to the fullest in each moment, feel me? Don't stress about the extra stuff you can't control. If some obstacle pops up, just roll with it and embrace the new vibe. It's all part of the same cosmic dance, so stay chill and let the universe guide you. As long as you're keeping it real and doing your thing with integrity, nothing can truly hold you back, ya dig?

31. Here's the deal - don't get too attached to all that material stuff, ya feel me? Just roll with the punches and embrace whatever vibe the universe throws your way. If some blessings come through, enjoy 'em while they last, but don't get too caught up. And if they get taken away, just let 'em go without trippin'. It's all part of the cosmic dance, so stay chill and keep your inner peace, no matter what happens on the surface level, you dig?

32. If you ever saw a hand, foot, or head just chillin' on its own, cut off from the rest of the body, that's how you gotta picture someone who's trippin' over some petty stuff that happened. They're basically cuttin' themselves off from the bigger picture, ya dig? Same goes for anyone actin' against that whole "we're all in this together" vibe, or just bein' straight-up uncharitable. Whoever you are, you're that fool who got booted out of the natural order of things. You were born as part of the squad, but now you've gone rogue, fam. But here's the real deal - you can always get back in the game! The universe don't play like that with any other part - once it's cut off, it can't rejoin. But check how dope that higher power is, puttin' so much love on us humans! We were made to stay united from the jump, but even if we stray, the universe has our backs to come back and reclaim our rightful place in the crew, just like before. That's that real cosmic love right there, you feel me?

33. The universe is one dope mama, ya feel me? She's all about that cosmic flow, bringing everything back to her no matter how much it tries to resist. It's like, even if you're out here trippin' and going against the grain, she'll still find a way to loop you back in and make you part of the bigger picture, whether you like it or not. So every

obstacle or setback you face in this life, just embrace it as a chance to level up and stay true to your higher purpose. The universe got your back, fam – she wants you to use those challenges as stepping stones to reach your full potential and tap into that natural state of happiness and fulfillment. It's all part of the grand design, so roll with the punches and let the cosmic vibes guide you, ya dig?

34. Don't let the whole "life is tough" vibe get you down, feel me? Don't go trippin' and stressing over all the potential problems and struggles that could pop up. Instead, when some real mess hits the fan, take a step back and ask yourself: "What's the actual issue here that's buggin' me out?" You'll realize it ain't even worth sweatin' over. And don't get caught up dwelling on the past or worrying about the future - that's just a waste of energy, bruh. Focus on the present moment and keep your chill. If something's really testing your patience, take a deep breath and remind yourself it's only temporary. You got the inner strength to power through, fam. Just stay woke and don't let the small stuff shake you.

35. You don't see Panthea and Pergamus chillin by their master's graves. or Chabrias and Diotimus posted up at Adrianus' tomb. What's the point, bruh? You think their masters can even sense they're there? And even if they could, why would they care? It's not like they're immortal or anything. At the end of the day, everyone's gotta get old and bite the dust. When you really think about it, what is this whole life thing but a big ol' bag of blood and nasty corruption? We're all just dust in the wind, fam. Don't get too caught up in that superficial nonsense.

36. If you're all about that quick-thinking vibe, make sure you're keeping it real with your judgment and decision-making skills too, ya dig? Don't just be trippin' off impulse, fam. Stay woke and use that discretion, feel me?

37. When it comes to the whole deal with humans, I ain't seein' no virtue that goes against being a real one, ya dig? But there is one thing that can help you resist all that fake pleasure and thirsty cravings: self-control. That's the real MVP right there, keepin' you woke and not gettin' caught up in all that superficial nonsense. Stay disciplined and keep your eye on the prize, fam!

38. If you can just let go of all that ego and judgment about what seems messed up or offensive, you'll be straight chillin', feel me? Your true self, that's your inner wisdom, it's safe and secure. But if you're like "Nah, I ain't my wisdom" - a'ight, bet. Just don't let that part of you get twisted up in negativity and sadness, ya dig? And if some other part is buggin' out, let that fool deal with its own issues. The real you? That's untouchable, fam. Stay woke!

39. Anything that's holding you back or keeping you from living your best life, that's the real enemy, ya feel me? Whether it's messing with your senses, your desires, or even your mind and understanding, that's some straight-up evil vibes right there. But listen up, you got the power to rise above all that nonsense!

When pain or pleasure tries to get a grip on you, just let your senses handle that mess, don't let it consume your whole vibe. If you hit a roadblock while chasing your goals, don't sweat it - your rational side can't be stopped by any obstacle or hater, ya dig? Nothing can penetrate that inner wisdom and strength you got locked down.

It ain't about some fire, iron, tyrant, or trolls talking smack - none of that superficial stuff can truly affect your soul if you stay woke. Just focus on keeping your mind right, embracing that inner peace and integrity. Let that fountain of positivity flow freely, and don't let any dirt or negativity contaminate your pure essence, fam. Keep rising above and shining your light on the world!

40. If something is solid and unchanging, it will never switch up.

41. Why should I stress myself out when I've never intentionally caused harm to anyone else? Different things bring joy to different people. For me, what makes me happy is if I can think clearly and not have any negativity towards anyone or reject anything that comes my way as a normal human experience; if I can approach everything in life with a calm and positive attitude; be open-minded and deal with everything based on its true value.

42. Bruh, like, focus on living in the moment and loving yourself. Don't stress about trying to impress future generations who might be just as annoying as the people you deal with now. Like, who cares if people have different opinions about you in the future? Just do you and be happy with yourself, fam.

43. Take me and do whatever you want with me: I don't care. Because wherever you put me, I'll still have that inner vibe that's on my side; I'll be totally chill and happy with both my overall mindset and the stuff I do that matches my true self.

44. Is this really worth it? Should I really be putting myself through this and end up feeling even worse than before? Feeling all down, messed up, or just completely overwhelmed and scared? What's so great about it that you think it's worth all that?

45. Nah bruh, nothing bad can happen to you that isn't just part of being human. It's like how things also happen to animals and plants in their own way. So, if everything that happens is normal and natural, why you so upset? Our common nature wouldn't give us anything we can't handle, bro. If you're feeling down because of something external, remember it's really just your thoughts and feelings about it causing the grief, and you can change that mindset. And if it's your own behavior that's bothering you, why not change your morals and beliefs? If you're sad because you're not doing what you think is right, why not just do it instead of stressing? If something's stopping you, don't beat yourself up about it. It's not your fault. And even if, like, your life ain't worth it unless you achieve your goal, as long as you're kind to others, you can peace out. Killing it in life means going out with love for those who got in your way.

46. Remember like, your mind is like totally unstoppable when it's like all focused and not letting outside stuff get to it. Like, even if it doesn't make logical sense, it still stays strong. And if you can think things through with reason, that's even better. So, keep your mind chill and not all emotional. No one can mess with a mind like that. If you don't get it, you're clueless. If you get it but don't practice it, you're not gonna be happy.

47. Keep it simple, don't overthink things. If someone talks smack about you, don't let it get to you. Just focus on what's actually happening, not what you think might happen. If my kid is sick, that's the fact, but thinking they might be in danger is just adding unnecessary stress. Stick to the facts and don't let your thoughts run wild. Or better yet, look at things with a clear understanding of how the world works.

48. Is the cucumber nasty? Get rid of it. Brambles blocking the way? Sidestep. That's enough. Don't ask yourself, what's the point of all this in the world? Because someone who knows nature's secrets will just laugh at you; like a carpenter or a shoemaker would, if you went into their shops and complained about sawdust or leftover materials. Even though those guys aren't keeping that stuff around just because they have nowhere else to put it; but the universe doesn't have an outside place like that; that's the brilliance of its craftsmanship, that it can transform anything within itself, even if it seems bad or useless, into something new. It doesn't need to look elsewhere for more material or a dumping ground for what's totally rotten. So, the universe is self-sufficient in terms of location, resources, and creativity.

49. Don't be lazy and careless; or reckless, and rebellious in your actions; nor argumentative, and irritating in your conversation; nor to wander and daydream in your thoughts and imaginations. Not to degrade your soul; nor aggressively to express it, or passionately to unleash it, nor ever to lack purpose.

50. 'They're killing me, cutting me up; they're harassing me with their curses.' So what? Can you still stay true, wise, chill, and fair through all of this? Like, imagine being a fountain pouring out sweet and clear water - even if someone talks smack about you, your flow stays pure and clean. Even if someone tries to mess it up, it doesn't affect you. So, how can you become more like a fountain and less like a well? Put in the effort to free yourself with love, honesty, and humility.

51. What do you think of someone who cares so much about getting attention and praise from others, even though they have no clue about their own purpose or the world around them? Do you really want to impress someone who is so lost and unhappy with themselves? It's like, why would you seek approval from someone who can't even find joy within themselves and is always regretting their actions?

52. Bro, not just now but forever, we should vibe with the same air around us, and also vibe mentally with the universal energy that surrounds everything. This energy is everywhere and flows through everything, just like air does.

53. Bad stuff in general doesn't really harm the world. Specific bad stuff doesn't actually harm anyone else, just the person doing it. And they have the power to stop whenever they want. As for me, I'm not affected by what my neighbor does. Even though we're all connected, we each have our own thoughts and boundaries. Otherwise, someone else's bad actions could affect me, and that's not what God wants. Only my own actions have the power to make me unhappy.

54. The sun looks like it's shining brightly. It's spreading out but not overflowing. The rays are called beams because they stretch out. You can see what a sunbeam is by watching the sunlight come through a small hole into a dark room. It moves in a straight line. When it hits a solid object, it gets blocked but stays there. The mind should be like this, not overflowing but stretching out. It shouldn't forcefully push through obstacles or fall down, but should stand tall and provide light where it's welcomed. If something doesn't accept the light, it's missing out.

55. He who's scared of dying is either scared of not feeling anything anymore, or that his feelings will be different. But he should just realize that either he won't feel anything at all, which means there's no feeling of pain; or if he does feel something, then it's just another life, not really death.

56. All dudes are like meant to vibe together: so like, either like help them improve, or just like be cool with them.

57. Dude, like, your thoughts don't always go in a straight line, ya know? When your mind is being careful and cautious, and thinking through things from different angles, it's still making progress towards its goal, even though it might not seem like it at first glance.

58. To like, share, and get into everyone's mindset that you're dealing with: and also to be open and relatable to anyone else.

The Ninth Book

1. He who is unfair, is also disrespectful. The universe made all of us to help each other and be kind, so if someone goes against that, they're basically disrespecting the universe itself. The universe is like the parent of us all, and we should all respect it. If someone lies or goes against what's right, they're not only being unfair but also disrespectful. Going for pleasure and avoiding pain isn't right either, because it means you might end up blaming the universe for not giving you what you want. And if you fear pain or go after pleasure too much, you might end up doing things that are unfair and disrespectful. Basically, we should all just go with the flow of nature and not get too caught up in pleasure or pain.

2. Bruh, like, the smarter move for sure would've been to dip out before dealing with all the fakeness, lies, materialism, and arrogance. But like, as a backup plan, at least leave this world hating all that stuff. You seriously wanna keep chillin' with wickedness when you haven't learned your lesson yet? Like, corruption of the mind is way worse than any physical sickness, man. This toxic vibes are bad news for animals, but especially bad for us humans.

3. Don't trip about death, just accept it and be cool with it, ya know? It's just another thing that Mother Nature intends. It's like how growing up, getting old, losing teeth, growing a beard, going grey, and all that other life stuff happens. Death is just a part of the cycle, man. So, instead of being all impulsive or disrespectful towards it, have some chill and wait for it, just like you wait for a baby to be born. Your soul will bounce when the time comes, just like a baby being born.

4. If you sin, you're only hurting yourself. Being unfair makes you worse off. It's not just doing something wrong that's unfair, but also not doing something when you should.

5. If I'm vibing with what's up rn, and I'm spreading good vibes, and just all about that good energy, then I'm all good, fam.

6. To erase the excess, to think carefully, to control your desires, to keep your mind clear for yourself.

7. Bro, like, let me break it down for you. So, basically, every creature has its own vibe, right? And there's this one soul that's all about being reasonable, but it's split between all of 'em, you feel me? Just like how there's only one Earth, one light, and one air we all share. Each thing is drawn to what it's made of, like earth stuff goes down, liquids wanna mix, and air wants to flow together. Fire is all about that up and up, and it's super quick to get lit if there's no moisture to chill it out. And yo, anything with that common nature just wants to be with its squad even more. So even the animals had their groups and love vibes going on, 'cause deep down, they had a little soul action too. But the humans, bro, they were on another level. They started cities, bonds, families, meetings – even during their fights, they were all about coming together or making peace. And check this, even the stars and planets, despite being mad far apart, found a way to connect and vibe together. The more epic something is, the more it's about that unity life. But here's the kicker, fam. Humans, the ones with reason, are the only ones tripping these days. Instead of being down to unite like everything else, they're all divided and out of sync. Even if they try to fight it, nature always wins, man. So, like, you feel me when I say that it's easier to find something earthy in a non-earthly place than it is to find a human who can truly live solo, right?

8. Bruh, everything and everyone has their own unique talents and abilities. Things happen when they're meant to happen. Even though the word "reason" is usually associated with certain things, its essence still holds true. Reasoning can produce benefits for others as well as itself. It has a way of spreading and multiplying.

9. Teach them better if you can; and if not, remember that being patient with them is all about kindness and goodness. The gods are kind to people like that; they even help them with things like health, wealth, and honor. They're super chill. So why can't you be like that too? What's stopping you?

10. Don't work like someone who's doomed to be miserable, or someone who wants to be pitied or admired. Just focus on doing what's right and fair, and following the law of kindness and community in everything you do.

11. Today I totally got rid of all my problems. Like, I totally ditched all my problems; basically, whatever was bothering you wasn't coming from outside where you could just

walk away from it, but from inside your own thoughts. You gotta kick that negativity to the curb before you can truly chill out and be cool all the time.

12. All that stuff is just typical and boring; it's only around for a short time anyway; and let's face it, it's pretty gross and nasty. Things haven't really changed since our ancestors' time - it's all still the same.

13. Bruh, like, the things that be stressin' us out, they be chillin' on their own without no way to communicate their vibes. So all good, what's like, making the final call on them? Our understanding, fam.

14. Like, being good or bad isn't about how you feel, it's about what you do; same goes for a kind and caring person - it's not about how they feel, it's about what they do.

15. When the stone goes up, it doesn't feel the impact when it comes back down; and it also doesn't gain anything when it goes back up.

16. Check out their vibes and perspectives, and see what kind of people they are, who you're worried will judge you, and what they think of themselves.

17. Like, everything in the world is always changing, dude. You're also constantly evolving and, like, dealing with some level of imperfection. Same goes for the whole world, man.

18. It ain't your fault, it's someone else's mistake. Why stress about it? Let them deal with it, since it's their fault.

19. Of an op and of a purpose there's an ending, or of an action and of a purpose we commonly say it's at an end: from opinion there's an absolute stop, which is like the death of it. In all this there's no hurt. Apply this now to a dude's age, like first a child, then a youth, then a young man, then an old man; every switch from one age to another is kinda like a death. And all this time here, no need to stress. Move on to that life first, like the one you lived under your grandparent, then under your mom, then under your dad. And when throughout your entire life so far, you've seen and noticed a bunch of changes, a lot of endings and stops, ask yourself: What's there to be sad about in any of this? Or what are you actually suffering through any of this? If it's none of these, then not even in the end and completion of your whole life, which is also just a change and stop.

20. Bro, whenever you gotta make a decision, make sure you think about what you understand, the bigger picture, and who you're dealing with ASAP. Trust your own judgement, don't do anything unfair. Consider how you fit into the grand scheme of things. Think about the other person's perspective, whether they're clueless or in the know. And don't forget, that dude is your family, so keep that in mind too.

21. Basically, you gotta make sure everything you do helps improve the community you're a part of. If your actions don't benefit everyone in some way, then you're causing trouble and being selfish. It's like breaking away from the group and causing problems.

22. Kids getting mad for no reason; just carrying around their negative energy so they don't crash and burn too quickly: it's like that sad song everyone knows.

23. Check out the source of the outcome. Look at it alone, stripped down, without anything else around it. Then think about how long that source, with its specific qualities, can last and remain.

24. Dang, you've been through a lot of struggles and hardships simply because you weren't satisfied with how things were going or because you didn't think it was enough for your mind to work the way it naturally does.

25. When someone is accusing you falsely or being mean to you, just try to understand where they're coming from and see who they really are. You'll realize that their opinions shouldn't bother you at all. Still, you should show them love because they are your friends in nature. Plus, the Gods are happy to help them out, so don't stress about it.

26. Yasss, the world just keeps on spinning with the same ol' stuff, like always. Either the universe thinks things through before they happen or it already made up its mind about everything from the start. And if everything happens for a reason, then it's all connected and meant to be. Basically, either there's a higher power and everything's good, or even if it's all random luck, you can still make your own decisions and be good.

27. In like a bit the earth is gonna bury us all, and then she gonna switch things up herself. And then it's gonna keep going, moving from one forever to the next, and so on forever. Now can anyone who like really thinks about all these changes and how fast they happen, can they do anything but like not care and think worldly things are dumb? The universe is like a powerful river, sweeping everything along with it.

28. And these so-called politicians, thinking they're the smartest people around, acting all serious and pretending to be super moral and honest - in reality, they're just total

losers. Seriously, why are people so caught up in all this? Just do what feels right to you. Make up your mind, and don't worry about what anyone else thinks. Sure, you might not achieve some perfect society like Plato's, but even a small amount of progress is worth something. And do any of these politicians actually change their minds for the better? All that pretending to be noble is just a front for their miserable existence. True wisdom is all about being genuine and humble. I don't need to follow the likes of Alexander and the others. The real essence of philosophy is about being sincere and humble, not showing off and seeking attention.

29. From like a bird's eye view, peep below, peep below, peep below, you can see all kinds of vibes - from lit parties to chill vibes, from wild adventures to smooth sailing. The whole spectrum of life, from new beginnings to epic finales. Reflect on the past, vibe with the present, and look to the future with an open mind. Think about those who came before, those who are yet to come, and those vibing in different worlds right now. And remember, not everyone knows about you, not everyone remembers you, and not everyone will always dig you. So, don't stress about fame, respect, or any other worldly things. The real vibe is to embrace what comes your way, flex when it's in your control, and do good for others - that's the real deal as a human.

30. Many of those things that trouble and straiten thee, it is in thy power to cut off, as wholly depending from mere conceit and opinion; and then thou shalt have room enough.

31. Bruh, like think about understanding the whole world and like, being fully aware of everything happening in this current time. Realize how quickly things change and how short-lived everything is. Everything you see will eventually disappear, and those who witness this decay will eventually fade away too. Whether someone lives to be a hundred or dies young, we all end up in the same place.

32. Like, what are they even thinking and feeling? What do they spend their time doing, and what are they into? What do they like and dislike? Imagine being able to see into their souls. They get so proud when they trash talk someone, and they're all about themselves when they praise someone. They're totally full of themselves and their own opinions in those moments, you feel me?

33. Loss and corruption, like, literally just mean change and alteration; and like, that's what the universe is all about, you know? Everything that happens is like totally in line with the universe's vibes. It's been that way from the start and it's gonna stay that way, you feel me? Or do you seriously think that everything in the world has been messed up for ages and is gonna stay messed up forever? And with all the gods out there, like, no

one could fix things this whole time? Is the world seriously gonna always be full of pain and suffering?

34. Bro, like, everything basic af and disgusting. Water, dust, bones – all that gross stuff that makes up our bodies is just asking to get infected and messed up. And then the things people idolize like marble stones? Just the earth's nuts. Gold and silver? Basically the earth's crap. Your fancy clothes? Just like a sheep's hair and the color is from a shellfish's blood. Like, everything is just like that, even life is just some blood vapor that can easily be something else.

35. Is this constant whining and complaining never gonna stop? What's the issue that's bothering you now? Is there something new going on? Why are you so surprised? Is it the reason or the situation that's got you worked up? Like, is it really that big of a deal? And really, that's pretty much it. Also, you should probably start acting nicer and more straightforward towards the Gods, it's about time you did that.

36. It's all good whether you see these things for a hundred years straight or just for three years.

37. If he messed up, that's on him, not me. But maybe he didn't.

38. Why you stressin', bro? Just go with the flow and chill. Life is just a random mix of things, so why even trip? It's all good for the greater vibes, so no need to worry about petty stuff.

39. Are you telling your brain that it's dead and corrupted? Does it also poop? Does it eat grass like animals do, making it mortal like the body?

40. Bruh, like if the Gods can't do anything for us, why even bother praying? But if they can, then why not ask for help to not be so distracted and messed up in the mind? Like, why not pray to not be afraid or crave all that worldly stuff causing all the chaos in your head? Instead of praying to get or avoid things, why not pray to stay chill no matter what happens? If the Gods can help us at all, then they sure can help us in this way too. And like, who said they can't assist us with things we have control over? Maybe it's better to use your freedom to free your mind, instead of chasing stuff you can't control. And like, who knows, maybe the Gods can help with that too. Just pray for inner peace and see what happens, man.

41. "In my sickness" (as Epicurus would say about himself): 'I wasn't talking about my disease when people visited me; my focus was on more important things. I spent my

time contemplating how my mind could stay happy despite my body feeling ill. I didn't rely solely on doctors to heal me because I was content with my current state of being. So, if you ever find yourself sick or in a tough situation, try to keep a positive mindset like Epicurus did: stay true to your beliefs and don't listen to negative talk from others.'

42. It's like, pretty normal for everyone in any job to just focus on what they're doing at the moment and the tools they need to do it.

When someone acts rude towards you, just remind yourself that there will always be rude people in the world. Don't expect the impossible. Just accept that there will always be people like that around. Instead of getting upset, think about the virtues nature has given us to combat such behaviors. For instance, be kind and patient towards the ungrateful. And remember, it's not your job to change someone's ways, but to focus on your own well-being. Don't let their actions affect your peace of mind. Blame yourself for expecting something different from them. Just focus on doing good deeds without expecting anything in return. After all, you've done your part. Man was made to help others, so focus on that without expecting anything more.

The Tenth Book

1. Oh my soul, I hope one day you'll be lit - chill, authentic, and totally transparent, way more than your physical body. You'll eventually feel happy for those who find love and don't care about material things. You'll reach a point where you're content and don't need anything else, finding joy in the simple things. You'll trust that everything is for your own good, now and in the future. You'll have such a positive vibe that you'll be cool with both the universe and other people, never complaining or doing anything shady.

2. Yo, if you're all about going with the flow of nature, then make sure you pay attention to what your overall nature needs. Once you figure that out and realize it won't harm you as a living being, go ahead and do it. Next, think about what your nature as a living being specifically needs. Whatever it is, go for it as long as being a rational living being won't suffer. Remember, being rational also means being sociable. Stick to these guidelines and don't waste your time stressing about nonsense.

3. Whatever happens to you, you are either capable or not capable of dealing with it based on your natural self. If you can handle it, don't get upset, just deal with it as you naturally would, or as your nature allows. If you can't handle it, don't get upset. It will

soon be over, both for you and the situation. Just remember, if you believe you can tolerate it based on what you think is right and your responsibilities, then you can handle it based on your natural self.

4. Tell that person who's causing problems to educate them with kindness and humility, and to point out their mistake. But if you can't do that, then take responsibility for it; or better yet, don't blame yourself if you've done your best.

5. Like, whatever goes down with you, it's all part of the plan that's been set for you since forever. The same reasons that shaped your existence also predetermined everything that will happen to you.

6. Whether it's Atoms or Nature, the first rule is: 'I'm a part of the bigger picture controlled by Nature'; the second: 'I'm connected in some way to others who are like me.' If I keep these rules in mind, I won't be against anything that benefits the bigger picture, because anything good for the whole is also good for the individual parts. The Universe is designed in a way that no outside force can make it do something harmful to itself.

By like, knowing I'm part of a squad like that, I'll be chill with whatever goes down because of it. And since I'm connected to other homies like me, I won't be a lone wolf – instead, I'll do good stuff for my crew and focus on what's best for all of us. When we all work together like this, life is all good, like when a citizen vibes with their city and does right by their peeps.

7. The components of the Whole, all that the Universe naturally holds, gotta disappear eventually, a term that basically means things gotta change. If this was supposed to be a bad thing and necessary for the parts, then the Whole wouldn't be chill while the parts were changing and were put together just to vanish. (Did Nature really intend to harm its own parts and make them inclined towards negativity, or did things just happen without her knowing? Honestly, neither option sounds believable.)

But like imagine if we ditched Nature and just went full-on 'natural law'; how ridiculous to say things change by natural law, but then get all shook when something happens that seems against it, especially when everything's breaking down into its basic elements. The breakdown is like either atoms dispersing or stuff shifting into its earthy or airy form, getting absorbed into the Bigger Picture, whether it's coming back to fire regularly or doing eternal swaps.

And don't think this body and spirit are the same as when they first showed up, 'cause they literally got refueled just yesterday with food and air. What's changing is what it took in, not what it was born with. And even if this change makes you feel tight with your sense of self, that doesn't really impact my point.

8. Bruh, now that you've taken on these names like good, modest, true; like being woke, chill, and high-key smart; make sure you stay true to them and don't do anything shady that goes against them. If you slip up, make a quick comeback. Remember, being woke means being fully aware and focused on whatever's in front of you, without losing focus. Being chill means accepting whatever life throws at you without sweating it. And being high-key smart means having a mindset that rises above petty stuff like physical pain, pleasure, status, death, and all that. If you stick to these principles and don't get all thirsty for validation from others, you'll transform yourself and start fresh. Continuing to live how you have been, dealing with stress and drama, is straight up dumb. You gotta bounce from that toxic energy and adopt these new traits. If you start slipping back into old habits, find a quiet place to chill or even bounce from this world peacefully. But do it out of rationality, not desperation. That's a boss move, fam. Stay true to who you're trying to be, bruh. And to keep those values in check, it's helpful to stay connected with the deities, ya know? Not by just talking the talk, but by walking the walk and striving to be like them. Just like how animals naturally do their thing, humans should stay true to their nature.

9. Bro, at home it's all toys and goofing around, but out there in the world it's like constant chaos: sometimes scary, sometimes boring, or just plain lazy: that's the usual grind, fam. If you're not careful, all that important stuff will just disappear from your mind. Think about all the things you've looked at and then totally forgotten about, dude, without even really understanding their true nature. You gotta balance being active and thinking deeply about stuff, so you can handle your business while also enjoying the pleasure of truly understanding everything around you. Like, you should be able to find joy in simply knowing and appreciating every little thing as it truly is. It's not gonna be easy, but that's the goal, to find happiness in understanding the true essence of everything around you, bro.

10. Like, when the spider finally snags the fly it's been after, it's totally not shy to show off a bit, you know? And then there's the person who nabs a hare or catches a fish in their net – they're feeling pretty good about themselves too. And let's not forget about the one who takes down a boar or a bear, they're all about celebrating their brave deeds. So, yeah, these warriors who just kicked butt against the Sarmatians or those other northern nations, they're probably feeling pretty proud of themselves. I mean, at the end of the day, aren't they all just looking for a good hunt?

11. Like, you gotta figure out a solid way of thinking and reflecting on how everything is always changing and transforming. Keep that in mind and make sure you're really good at understanding this concept. It's super important for developing true confidence and courage.

12. He escaped the confines of his physical form and realized that he would soon have to say goodbye to the world and leave everything behind. He focused on living righteously and accepting whatever came his way. He didn't care about others' opinions or actions against him. His only goal was to act justly and accept whatever came from God. He only cared about following what was right and rational, and in doing so, following God was his main priority and focus.

13. Why be all suspicious for no reason? Like, why stress about the future and mistrust stuff? If you can figure it out yourself, don't let anyone distract you. But if you're unsure, get advice from someone you trust. Just be smart and cautious in whatever you do, focusing on what feels right and fair to you. Being successful in that is real happiness, avoiding messing up or failing.

14. Wut's dat thing dat's moving at a snail's pace but also fast? Jolly yet serious? Following logic in everything he does.

15. In the morning when you first wake up, when your mind is still clear and unbiased before anything else has influenced it, ask yourself: is it important for the right and just thing to be done, whether you do it or someone else does it if you can't? It really isn't. And as for those who care so much about what other people think, have you forgotten what kind of people they really are? Think about how they act in private, in public, what they do on a daily basis, what they go after, what they avoid, the wrong things they do, even if not physically, but with their thoughts. They could choose to have honesty, humility, integrity, fairness, and a positive attitude if they wanted to.

16. Like, yo... "Give and take, like, whatever you want," said the person who's, like, super wise and humble to, like, the one who gives and takes everything. And it's not, like, a bold or stubborn statement, but rather a, like, expression of love and humble acceptance.

17. Basically, just do your thing and don't care about what anyone else thinks. If people can't handle that, then whatever - let them do their thing. It's better to be true to yourself and live your own way rather than trying to please everyone else.

18. Don't even debate or talk about it anymore, what are the signs and qualities of a good guy, just straight up be one.

19. Ever think about how everything in the world is basically temporary and constantly changing? Like, picture the big picture of life and time, and then think about how small and fleeting each individual thing is in comparison. It's like imagining every little thing eventually breaking down or disappearing. That's just how life works, ya know?

20. Think about them in all situations and jobs, in every aspect of their lives: like when they eat, sleep, take a dump, or get busy. Whether they're at the top of their game or feeling furious and high and mighty, pointing fingers from their throne. It's crazy to think how they used to grovel just to get where they are now, and in no time at all, death will come knocking.

21. That's the move for everyone, when Mother Earth vibes with everyone and sends her best energy.

22. The earth, like, totally craves the rain, ya know? And, like, the sky is always down to drop its love on the earth, showing that they're totally all about each other. And, like, I'm just saying, the world is all about showing love for whatever goes down. Like, I'm vibing with the world's feelings, you feel me? Like, the only thing I'm longing for is what the world is all about. And it's, like, for real, the world knows how to love, you know what I mean? It's, like, a known thing that things are all about that love life.

23. Either you keep doing what you've been doing and just deal with it, or you dip out and do your own thing, or your life could end and you can be happy it's over. One of those three options will happen. So, stay positive.

24. Let's always remember that being alone and hanging out in deserted spots, which many philosophers really dig, aren't just inherently awesome like that; stuff is the same for people living in cities and mingling with others because the same stuff goes down everywhere. Whether you chill on mountain peaks, in lonely caves, or any other remote spot. Because wherever you choose to be, you can easily see and relate to what Plato talked about with his philosopher being all by himself and isolated, like he's cooped up in some shepherd's shack way up on a hill. So, take this time to ask yourself: What's the main part of me that's in charge here? What's its current situation as I'm using it? What do I usually use it for? Is it thinking straight or not? Is it independent or is it too wrapped up and attached to the body, being influenced by its impulses and desires?

25. If someone ditches the rules, they're like a runaway, yo. Same goes for those who dip out of the law scene. And if you're feeling down, mad, or scared because of what's going down, you're a fugitive, dude. That's the truth, cuz the big boss up above is in charge and keeps things in check. So anyone feeling those bad vibes is basically on the run.

26. Bro, once the seed is planted, you're out of the picture. Like, another force takes over and creates a dope little human being. And when you eat, it's like, game over man. Another process kicks in and distributes that food everywhere, giving you life, strength, and all that jazz. You gotta appreciate the magical stuff happening internally, and recognize the power behind it all. It's all happening behind the scenes, but it's as real as watching something go up and down, you know?

27. Just think about how everything happening now has basically happened before, in the same kind of way. And try to imagine what will happen in the future too. Picture all these different scenes and people from history, like the courts of Adrian, Antoninus Pius, Philippus, Alexander, and Croesus. You'll see that they were all basically the same, just with different people.

28. Bruh, imagine everyone just being all emotional and dramatic about every little thing they go through. Like, think about that person who just lays in bed feeling sorry for themselves and complaining about how tough life is. And yo, only us humans have the power to choose to accept what life throws at us, while every living being out there has no choice but to deal with it.

29. Like, whatever you're doing, just think about it on your own and ask yourself, What? Like, if I'm not gonna do this anymore when I'm dead, why should death even bother me, you know?

30. When someone ticks you off, just take a sec to think about yourself and your own mistakes. Like, maybe you also love money, or having fun, or getting compliments, or whatever. If you realize that, you won't be so mad anymore. Plus, think about how the other person made a mistake without realizing it - they didn't know any better, ya know? So, try to help them change by showing them a different perspective.

31. When you see Satyro, Eutyches, or Hymen, think of Socrates³⁹ or Euphrates⁴⁰; if you peep Eutychio or Sylvanus think of Alciphron⁴¹. Picture Tropaeophorus, Xenophon, or Crito when you see Severus⁴². And when you look at yourself, imagine yourself as one of the popular cool kids; and for each person, think of someone similar in status and profession. Then also think about this: where are they now? Nowhere or anywhere? This way you can always remember that all material things are just temporary and fleeting, like smoke that disappears: or really just nothing. Especially when you consider that once something changes, it will never be the same again as long as the world exists. And you, how long will you last? And why isn't it enough for you to live your life as best you can, no matter how short that life may be?

32. This subject and life path you're so eager to ditch? They're just opportunities for your mind to grow and level up. Stay chill until you've internalized it all and made it part of your vibe.

33. Don't let anyone say that you're not authentically simple, sincere, open, or good. Don't let anyone be fooled into thinking otherwise. It's all up to you. Just make the choice to stay true to who you are. It's logical - why would anyone want to live a life that's not genuine or good? So, on this occasion, think about what's best for you and act accordingly. Don't come up with excuses saying you can't do something. You'll only find peace when doing what's right for you, aligning with your true nature. Every situation can work out for you if you embrace the pleasure of being your authentic self. Your mind has the power to overcome any obstacle and keep moving forward. So, focus on this happiness and contentment within your mind, and don't let anything else distract you. Outside challenges, whether physical or mental, can't truly harm you if you stay true to yourself. Remember, obstacles can actually make you stronger and more admirable if you handle them well. Stay true to your nature and you'll flourish. Just remember that nothing can harm you if it doesn't harm your core values, and those challenges won't deter your progress.

34. Like, dude, once you've been woke by some deep knowledge or truth, everything you see or hear becomes like, a sick reminder to stay zen and not trip out. It's like,

³⁹ These are less commonly known figures and do not have well-documented historical identities. They might have been contemporaries or known associates within the Stoic community or Roman society.

⁴⁰ Likely to be Euphrates the Stoic, a well-known philosopher of the Stoic school who lived during the 1st and 2nd centuries.

⁴¹ An ancient Greek author known for his collection of fictional letters, which are considered significant examples of the epistolary genre in classical literature. His works are typically dated to the 2nd century AD, during the Roman Empire's period.

⁴² Marcus Aurelius often used personal reflections and mentions of both specific and generic individuals to illustrate broader philosophical teachings and to contemplate the virtues and behaviors that he aspired to embody or observe in others.

poetic, ya know, how people come and go in life, like leaves on trees growing and falling. Your kids, your haters, your fans - everyone's just leaves in the big ol' cycle of life. So chill, man, none of this worldly stuff lasts forever. Just do you, live your truth, and don't stress about it all. Eventually, our time is up and we're just a memory in someone else's story.

35. A good vibe must be chill enough to vibe with anything and not just one specific thing. That's only for basic eyes. So a good vibe, a good ear, and a good nose need to be open to experiencing anything they come across. And a good mindset should be flexible to handle whatever comes its way. So a wise mind should be prepared for any situation. But someone who only cares about their kids surviving or getting praise from others is only focused on material things; like craving attention or seeking validation.

36. Bro, like no cap, when someone dies, there will always be haters ready to celebrate their downfall. Even if the person was a real one, best believe there will be someone talking smack like, "Finally, we're free from their nagging." People love to hate, man. It's sad but true. So, when it's your time to go, just remember that even your closest peeps might low-key be happy to see you gone. But hey, that's life. Don't trip, though. Keep being kind and showing love, even if they secretly wish you weren't around. Stay true to yourself, but don't be afraid to peace out when it's time. Just like those who die peacefully, smoothly dip out from the negativity and move on. Nature brought you together, now it's time to bounce without any drama. Just go with the flow, fam.

37. Check yourself; whenever you see someone doing something, try to ask yourself, if you can, "What's this person trying to achieve with this?" But start by doing this with yourself first, and really think about why you do what you do.

38. Remember, what really makes a guy tick and controls his feelings, pulling them one way or another, isn't some outside thing, but what's deep inside his beliefs and opinions. That's what rhetoric is all about; that's life; that's who we are. As for your body, it's just like a vessel surrounding you, with all these intricate tools attached to it - don't stress about them. They're just like a carpenter's axe, there because we were born with them. Without the inner drive to guide and control them, those body parts are pretty useless, like a shuttle without a weaver, a pen without a writer, or a whip without a coachman.

The Eleventh Book

1. The basic characteristics and abilities of a reasonable soul are this: knowing oneself, having self-control, shaping oneself, and reaping one's own rewards. Animals and plants, on the other hand, give their fruits to others, not to themselves. When a soul's life comes to an end, it still has its own conclusion. Unlike dancers and performers, the soul can find completion and fulfillment at any point, and can leave confidently knowing it has lived fully. The soul has a deep understanding of the world, sees through its superficiality and understands the eternal nature of things. The soul comprehends the cyclical nature of existence and recognizes that nothing truly new will be experienced after you reach a certain age. It is inherently human to love others, be honest and respectful, and prioritize oneself. This is reflected in the law, showing that true reason and justice are aligned, and that justice should be the main goal for reasonable beings.

2. A lit song or dance; the Pancratiast's exercise⁴³, and sports that you're really into, you'll easily brush off; if you break down the chill voice into its individual sounds and ask yourself if each sound really matters. In the end, you'll feel embarrassed about it. Same goes for the movements and poses of a dancer; and also for the physical workout of a wrestler. Basically, anything aside from being a good person and doing good things that you're super into, remember to break it down like this and then you won't care about it as much. Apply this mindset to your entire life too.

3. OMG, imagine how lit and blessed it would be for the soul to be like always ready to bounce from the bod, whether it's like peace out, spreading out, or moving to a new vibe and place. But like, it's important for that readiness to come from a chill and wise mindset, not like forcing it or being all dramatic and stubborn like some religious peeps. It should come from like a wise judgment and vibe, so it can inspire others and draw them in too, without all the extra drama and loud emotions.

4. Have I been charitable at all? If so, have I gained anything from it. Make sure to always remind yourself of this, and constantly think about it. What is your purpose? to do good. And how can this be achieved, except through certain rules and teachings; some about the universe's nature, and some specifically about human nature?

5. Tragedies were originally brought in to remind people about the ups and downs of life, to show that these things happen in the natural order of things. Basically, tragedies show that if you can handle little setbacks, you can handle bigger problems. It's like a

⁴³ The pancratium was an ancient Greek athletic event that combined boxing and wrestling and was considered one of the toughest sports in the ancient Olympic Games

reality check, making you realize that even when you're going through tough times, you have to face them head-on. The ancient comedies that followed were all about calling out people's bad behavior, which was actually a good way to keep folks humble. Poets back then said some real truths, like accepting that sometimes the gods don't come through for you and learning to deal with life's challenges without losing your cool. The main goal of these dramatic performances was to entertain and showcase top-notch acting skills. Each type of comedy had its purpose, but at the end of the day, they were all about telling relatable stories and putting on a good show.

6. How obvious is it to you that the way you're living right now is basically the perfect way for a legit philosopher to do their thing?

7. Bro, if you separate yourself from others, you're basically ghosting the squad. Hating on someone is just cutting yourself off from the crew, not realizing you're also isolating yourself from the community as a whole. The cool part is, God's got our backs and gives us a second chance to come back together. But if you keep ghosting, it's gonna be even harder to come back and be chill again. Like, you can't just reconnect like nothing happened - there will always be a scar from the break.

8. To vibe together like branches in good communication and love; but not when it comes to opinions. If someone tries to stop you from doing the right thing, don't let it affect how you feel about them. Stay true to yourself in making good decisions and being kind, even when others try to bring you down or disagree with you. Giving up out of fear or losing your love for someone who should be both your friend and family is weak and cowardly.

9. It's like, there's no way nature can be less dope than art, 'cause all arts copy nature. So if nature is like the dopest and most basic, it's super unlikely she would be less skilled than arts. Like, in all arts, they make things worse in order to make 'em better. Nature totally does the same thing. That's why justice is like, the first thing. All the other virtues come from justice. 'Cause if we get too caught up in world stuff, or are always getting tricked or acting all reckless, then justice can't survive.

10. This is saying that you shouldn't stress too much about trying to get or avoid things because ultimately they don't come to you, you have to go to them. You should just relax and let go of your strong feelings about these things, and remember that they are just things and they don't have any power over you.

11. Is the soul like a perfect sphere, shining with light, seeing and understanding the true nature of the universe and itself, as Empedocles describes it?

12. Will anyone diss me? Let them deal with that, on what basis they do it: I'll make sure I never act or say anything that really deserves to be dissed. Will anyone hate me? Let them deal with that. I'll be kind and loving to everyone, even to someone who hates me, whoever they are, I'll be ready to point out their mistake, not to show off my patience, but honestly and humbly: like that famous Phocion, unless he was faking it. Because it's what's inside that counts: so that the Gods, who see inwardly and not just on the surface, can see a man truly free from anger and sadness. Because what harm can it be to you whatever anyone else does, as long as you can do what's right and fitting to your own nature? Won't you (a person completely meant to be whatever and however the common good requires) accept what is currently appropriate to the nature of the universe?

13. They be dissin' each other, but still tryna impress each other: and while tryna outshine each other in material stuff and clout, they straight up degrade and sell out their true selves to each other.

14. Dang, he's so fake and phony, talking about being all genuine and straightforward towards you in the future. Bro, like what even? Why you gotta say that? Your actions should speak louder than your words. It should be obvious without you having to announce it. Your true self should be written all over your face. As soon as you start talking, your face should reveal what you're really thinking, like when someone loves you, they can tell what's up just by looking at you. Anybody who's truly real and kind should be like that, so genuine that people can sense it from them even though they might not be trying. But pretending to be simple is not cool. Betraying a friendship is the worst. You gotta steer clear of that at all costs. But real goodness, straightforwardness, and kindness can't be hidden, 'cause like we already said, it'll always come through in your eyes and face.

15. Living your best life is like, all about your mindset, you know? It's like, you gotta be chill about stuff that doesn't really matter, and see the big picture. Like, nothing out there can mess with you unless you let it. You have the power to control your thoughts and not let negativity creep in. And don't forget, this attitude is only temporary - life is short. So why not make the most out of every situation? If it vibes with your values, then go for it and enjoy it. But if it goes against your true self, then stay true to who you are. It's totally fine to look out for your own happiness and well-being.

16. Bro, you gotta think about where things come from, what they're made of, and what they'll turn into. Like, what's their nature and what they're gonna be like after they change, ya know? And remember, no harm in change. Also, don't let other people's

dumb or shady stuff stress you out. Think about your connection to them. We're all here to help each other out. And like, if you're meant to lead, then lead, man. And think even bigger - if atoms didn't start everything, then there's a higher power running the show. And like, everything bad has a purpose for the greater good. And other people's actions at the dining table, in bed, and stuff, don't let it get to you. Jus' chill and remember that they might not even know better. And bro, you ain't perfect either, so don't judge too hard. And like, life is short, don't sweat the small stuff. And like, sins aren't what bother us, it's our perception of them. Change your mindset, and you'll change your anger. Stay humble and patient, show love even to those who wrong you. And remember, it's cool to live peacefully. Being mad ain't cool, stay calm and show your strength. Bro, it's impossible for there to be no bad people in the world, just focus on not being one of them. Don't be a tyrant, be chill.

17. There are like four vibes or mental habits that you gotta pay attention to, and like, once you notice them, you gotta fix them. So like, whenever you catch yourself doing these things, you gotta be like, nah that's not necessary, that's uncool, that's not you talking, that's just dumb. And for the last one, you gotta really call yourself out for letting your higher self get dragged down by your basic urges and desires.

18. Like fr, if you got air or fire vibes in you, even if they wanna be all high up in the sky, they still gotta chill down here in this mix of a bod. and if you're holding onto that earthy or wet energy, even though it's tryna sink low, it's still getting lifted up against its will and staying strong. the elements themselves gotta follow the universe's rules and just stay put wherever they're put, until they dip out. isn't it wild that your mind, the only part of you that should know better, can't just stay in its lane and do its thing? it ain't even forced to go against its nature, just has to act right. can't be compared to fire or air heading towards their element, cuz it's out here going the wrong way. when your mind starts messing with injustice, losing control, feeling sad, or getting scared, that's just straight-up straying from your true self. getting upset about stuff that God let happen is also wandering off track. cuz your mind was made for goodness and worship, that's about being humble and accepting whatever God's plan is; jus like being fair. those are the basics we gotta follow to vibe with others and make things right.

19. If you don't have a consistent goal throughout your life, you can't really stay true to yourself. But it's not enough to just have a goal - you also need to know what that goal should be. Just like not everyone agrees on what's good, your goal should be something that benefits everyone, not just yourself. When you focus all your actions on a common and social goal, you'll be more consistent and true to yourself.

20. Remember that story about the country mouse and the city mouse, and how shook they were?

21. Socrates used to say that the popular beliefs and opinions of people are just scary myths that silly kids are afraid of.

22. The Spartans used to reserve seats and benches in the shade for their guests at events, they were fine with sitting anywhere themselves.

23. Socrates basically said he couldn't come because he didn't want to be in a situation where he couldn't repay someone for their kindness.

24. In the old secret writings of the Ephesians, it's like saying a guy should always be thinking about some cool ancient dudes.

25. The Pythagoreans used to make it a habit to early in the morning, the first thing they did was look up at the sky to remind themselves of those who always did what they were supposed to do: and also to remind themselves to be orderly, pure, and straightforward. Because no star or planet has anything blocking it.

26. What Socrates looked like when he had to put on a skin because his wife Xanthippe took away his clothes and went out with them. And what he said to his friends who were embarrassed and decided to leave when they saw him dressed like that.

27. Like, when it comes to writing or reading, you gotta learn first before you can actually do it. Same goes for life - you gotta get some teaching and stuff. 'Cause like, you're basically born just following your senses and basic feelings; you don't know true knowledge or solid reasoning without being taught.

28. My heart felt all warm and happy. They're gonna come at even the good people with mean and shameful words.

29. Like, if you're craving figs in the winter when they're impossible to find, that's how it feels when you're yearning for kids but haven't had any yet.

30. 'Like, Epictetus was all about reminding you to cherish the present moment, you know? He's like, every time a dad kisses his kid, he should low-key think to himself, "yo, tomorrow this could all be gone." But, like, it's not really a bad omen; it's just, like, natural, bro. It's just, like, saying that picking grapes when they're ready is a normal part

of life. Whether they're green, ripe, dried, or raisins, it's all part of the flow of life, you feel me? Different stages and changes, but it's all part of the same vine.'

31. 'Yo, check out this quote from Epictetus: "Of the free will there is no thief or robber." He's talkin' 'bout how we gotta be mindful of our thoughts and keep 'em in check, stay open-minded and see things for what they really are. He also says we should avoid longing for stuff too much and focus on what we can control. Like, our battles aren't about petty stuff, but about whether we're actin' like fools or using wisdom from philosophy. Socrates chimes in too, askin' if we want souls of rational or irrational peeps, and we should aim for those with sound minds. So, why all the drama then? Let's just embrace reason and stop goin' back and forth.'

The Twelfth Book

1. Bro, if you wanna level up in life, start enjoying and owning what you want now without tripping over your own happiness. Forget about the past and trust the universe to guide you in the future. Focus on being pure and righteous by accepting whatever comes your way as fate and always keeping it real. Don't let haters or your physical desires hold you back. When it's your time to dip, be ready to bounce without a care, focusing on your inner self and spirit. Don't stress about the future or trippy stuff that's out of your control. Just vibe with the flow and stay true to yourself, fam.

2. God sees inside our heads and brains, stripped down and straight up from these physical bodies and appearances, and all the earthly junk. Because with His simple and pure understanding, He sees deep into our innermost and purest parts, which originated and came from Him like water flowing through a pipe. If you also do this, you'll free yourself from all the baggage weighing you down. Basically, if you stop caring so much about your body, your clothes, your house, or any external stuff, you'll feel a lot more at peace. There are three main components that make you, you: your body, your life, and your mind. Your body and life belong to you to an extent, but your mind is truly yours. So if you detach yourself from what other people think or do, as well as any worries about the future, and anything outside your control like accidents or bad luck, your mind can live freely by itself. Live by what's fair, accept whatever comes your way, and always tell the truth. If you separate your mind from negative influences, focus on the present, and live harmoniously like Empedocles' mythical sphere – well-rounded and all that – and only think about the current moment, you'll be able to live the rest of your days peacefully and gracefully, aligned with the spirit inside you.

3. I've always been curious why people care more about what others think of them than their own opinions. Like, if we were told to only say what we truly think, we'd freak out. We're more worried about others judging us than our own thoughts.

4. Why did the Gods do everything right and nice, but forget about bringing back good men who died? It would've totally made sense for them to come back to life, considering all the good stuff they did. If this isn't the case, then for sure the Gods wouldn't have set it up this way if it wasn't supposed to be like that. It seems like the universe could have handled it if it was fair, but since it's not, we can be pretty sure the Gods knew what they were doing. If they weren't fair and good, we wouldn't even dare to question them like this. But since they are, it wouldn't make sense for them to mess up anything when creating the world.

5. Keep trying even with things that you initially think are impossible. Like, the left hand may seem weak 'cause it isn't used as much, but it can hold the bridle stronger than the right 'cause it's been trained to do so.

6. Think about who we should strive to be, both in mind and body, when death comes knocking; how short life is; the vastness of time stretching before and after us; the fragility of material possessions. Reflect on the true nature of things, stripped of all illusions. Consider the reasons behind everything, the true purposes of our actions, the nature of pain, pleasure, death, and fame. Remember that each person is responsible for their own peace and cannot be truly hindered by others. Realize that everything is just a matter of perception. When applying these teachings, act more like a multi-talented fighter than a traditional gladiator. Stay adaptable and agile, able to respond to any challenge with ease.

7. Bruh, you gotta peep all the stuff in the world and break it down into its components like material, structure, and purpose, ya feel?

8. How lit is it for a dude to have all this power given to him: he doesn't have to do anything unless it's cool with God, and he can just vibe with whatever God sends his way?

9. What so ever goes down in the usual flow of nature, the Gods (cuz there's no way they'd mess up on purpose or by accident) or humans (cuz it's cuz of not knowing and not on purpose that they mess up) shouldn't be blamed. So, no one should be blamed.

10. OMG, why is he so shook over basic stuff that happens all the time in life?!

11. If it's all about fate, like some absolute must-do or a chill divine plan, then everything's just random chaos, you feel me? If it's the whole must-do vibe, why u gotta fight it? But if it's more of a chill and understanding plan, then get on that godly level, ya know? If it's all just chaos with no rules, then hey, be proud that in this crazy mess, you still got the power to control your own life, ya dig? But even if everything's crazy around you, remember that your mind and soul stay grounded, even if your physical stuff gets swept away. Keep that inner light shining bright, stay true to yourself no matter what.

12. At the thought that someone did somethin' wrong, just think to yourself: Like, do I really know if this is actually a sin, like for real? And even if it is, who's to say that person hasn't already felt super guilty about it? It's basically like someone scratching their own face, it's more sad than anything. Plus, trying to stop a bad person from sinning is like tryna stop a fig from bein' juicy, or puppies from bein' born, or a horse from neighing - it's just how things naturally go. So, if you're all smart and persuasive, go ahead and try to fix it if you can.

13. If it ain't right, don't do it. If it ain't true, don't say it. Always stay true to yourself and do what you want without any pressure or obligation.

14. Yo, when you encounter something, like really think about what it's all about, break it down into its different parts: the appearance, the substance, its purpose, and how long it's meant to stick around.

15. Like, dude, you gotta realize that there's something within you that's way better and like, more divine than your emotions or your basic desires. What am I even focusing on right now? Is it fear, suspicion, or lust? Always think before you act, with a clear purpose in mind. And that purpose should always be for the greater good. Because, seriously, we're only here for a short time and everything is gonna change eventually, so don't get too attached to material things or people.

16. Remember that everything is just subjective, and opinions are based on one's mindset. When you remove your opinion, it's like being in a safe harbor where everything is calm and steady, free from any storms or chaos. Just like the poet described it.

17. Like, when something stops happening, it's like not even a big deal, you know? Like, if a guy finishes doing something, it's like, okay cool, it's done. And even the guy who did that thing can't really be affected by it ending, you feel me? It's like, our whole life is just a bunch of stuff we do, so if it stops, it's whatever, not really a bad thing. And the

person who decides to end it all isn't even gonna suffer, because it's just part of nature doing its thing. Everything always changes, but that's just how things are, you know? Death isn't even like a bad thing, 'cause it's not like we can control it and it's kinda good for the bigger picture. I mean, it's all part of the plan, so if you're cool with that, then you're like, totally in sync with the universe, man.

18. These 3 things u gotta always be ready for: 1. Think about how u act, make sure it's just and fair. And how u react to stuff that happens to u, whether it's random or meant to be. Don't blame it on luck or fate, it ain't right. 2. Think about our bodies, how they change from birth to death, what they're made of, and how they break down. 3. Remember how meaningless things are when looking from above, seeing how things change and how small they are compared to the big universe. Don't get too full of yourself, it's all temporary.

19. Throw shade on that opinion, and you'll be chillin'. What's stopping you from letting it go? When something's buggin' you, have you forgotten that everything's happenin' as it should in the universe? It's on them who messed up, not you. Also, remember that what's goin' down now has been goin' down forever and will keep happenin' everywhere. We're all connected by our minds, not by blood or genes. Your mind is a piece of the universe, man, and nothing really belongs to you, not even your kid, body, or life. They all come from the same source. Everything's just opinions, and the only time that really matters is the present. So when a person dies, they're not losing more than just a moment.

20. Just think about all those people who once got super mad about something, or were super famous or going through a tough time, or just straight up hated each other. And remember, all that drama is now gone. It's all just a bunch of smoke and ashes, maybe not even that much. Think about dudes like Fabius Catullinus, Lucius Lupus, Stertinius, Tiberius, and Velius Rufus who were all about that intense life. It's so much cooler to go through life with true simplicity, being fair and chill in every situation, following the vibes of the universe. And let's be real, thinking you're too cool to be cool is the worst kind of arrogance.

21. Like, if someone's all like, "Where have you even seen the Gods, and how do you know 100% that they exist, that you're so dedicated to worshiping them?" my response is basically: first off, you can kinda see them in some way with your own eyes. And secondly, I've never actually seen my own soul, but I still value and show it respect. So, with the Gods, from my everyday experience of their influence and care over me and people around me, I definitely know they're real and that's why I worship them.

22. Basically, happiness in life comes from understanding everything and always doing what's right and telling the truth. So, the key is to keep on doing good things without stopping, and just enjoy life as you go along.

23. There's only one sun shining down on us, even if stuff like walls and mountains get in the way. And there's only one substance that makes up everything, even if it's in lots of different bodies. Same goes for the soul – there's one main one, even if it's in a bunch of different forms. The same idea applies to the intellectual soul too. And when it comes to minds and spirits, they all want to connect and be united. It's like a special bond that can't be broken or separated.

24. What do you want? To live a long life. What? To have a rich emotional experience; or fulfill your desires? Or do you want to experience growth and then decline again? Do you want to always be able to communicate, think and reflect on your own thoughts? Which of these things do you think is most important to you? If you realize that none of these are truly valuable, then move on to the last option, which is to always follow a higher power and logic. But for someone to be upset about losing these things through death goes against both God and logic.

25. Like, think about how short life is in the grand scheme of things, and how quickly it goes by in the world. We only get a tiny part of time and existence, so it's important to focus on doing what feels true to ourselves and aligning with what feels natural.

26. What's the tea on my understanding right now? Because that's what really matters. Everything else is out of my control, and if I can't control it, then it's basically irrelevant to me, just like straight-up useless.

27. To gas up a dude to not care about death, one key thing is that even people who thought happiness was all about pleasure and pain was the worst still weren't that bothered about dying. And like, if your vibe is to only dig what's chill and normal, then why trip about death, y'know? Whether you've been living large for ages or just a hot minute, it's all good. As a human, you've been chilling in this world town for a bit. It shouldn't bug you if it's time to dip out, dude, it's all part of the plan, ya know? It's all good, man, just go with it.