

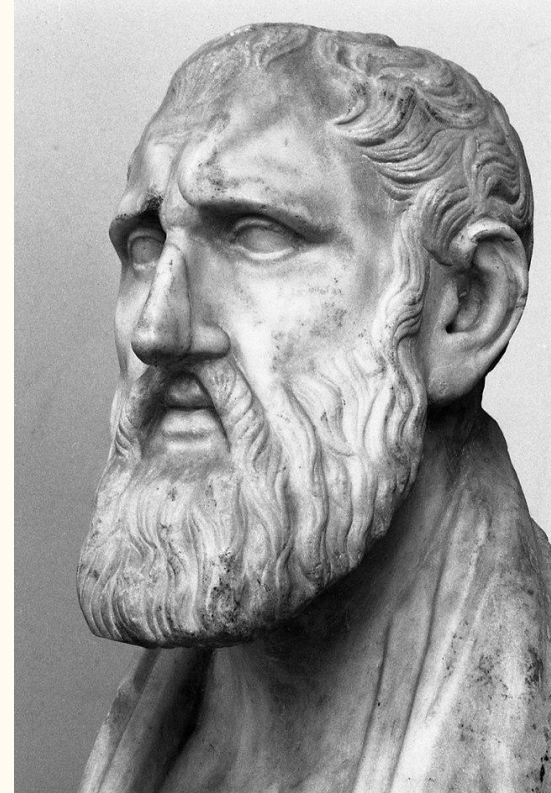


STOICISM

Gentrain
Stephanie Spoto

Stoicism

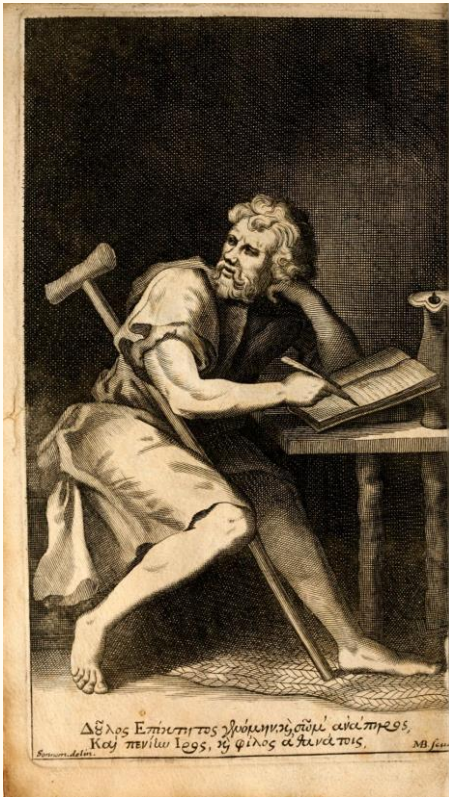
- School of philosophy that flourished in Ancient Greek and Rome
- Sought eudaimonia → the good life
- A type of virtue ethics
 - Ethical philosophy popularized by Aristotle
 - Morality and ethics not about who you are, but what you do
 - About cultivated good characteristics or virtues
 - The Cardinal Virtues: wisdom, courage, temperance or moderation, and justice
- Though original founded in the ancient Agora of Athens by Zeno of Citium (c 300 BCE), it was most popular in Rome.



On Virtue Ethics

- Together with Aristotle, Stoicism central to virtue ethics
 - Compare with deontology and utilitarianism
- Stoics: “Virtue is the only good”
 - External things like wealth, pleasure, health are not good in themselves → valuable as “material for virtue to act upon”
- Seneca and Epictetus would say that “virtue is sufficient for happiness”
- The philosopher is immune to misfortune
- Emotions come from errors of judgement
- People should maintain a will “in accordance with nature”
→ philosophy judged not by what person said, but what they did





Philosophy does not promise to secure anything external for man, otherwise it would be admitting something that lies beyond its proper subject-matter. For as the material of the carpenter is wood, and that of statuary bronze, so the subject-matter of the art of living is each person's own life.

— Epictetus, *Discourses* 1.15.2,

Logos over Pathos

- Self-control and fortitude → developed to overcome emotion
- Become a clear and unbiased thinker through *logos* (reason)
- Improve moral life by aligning self with nature: "Virtue consists in a will that is in agreement with Nature" (Bertrand Russell)
- Relation with the world but also interpersonal → goal to be free from anger, envy
- All are alike in nature, so the politician and the slave are equal

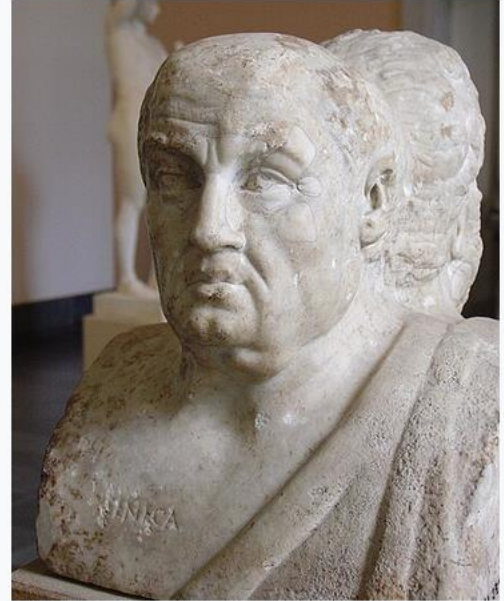
Seneca the Younger (4 BCE - 65 CE)

- Major Stoic philosophers
 - Epictetus (50-135 CE)
 - Seneca (4 BCE - 65 CE)
 - Marcus Aurelius (121-180 CE)

Lucius Annaeus Seneca the Younger

- Stoic philosopher of Ancient Rome
- Statesman
- Dramatist

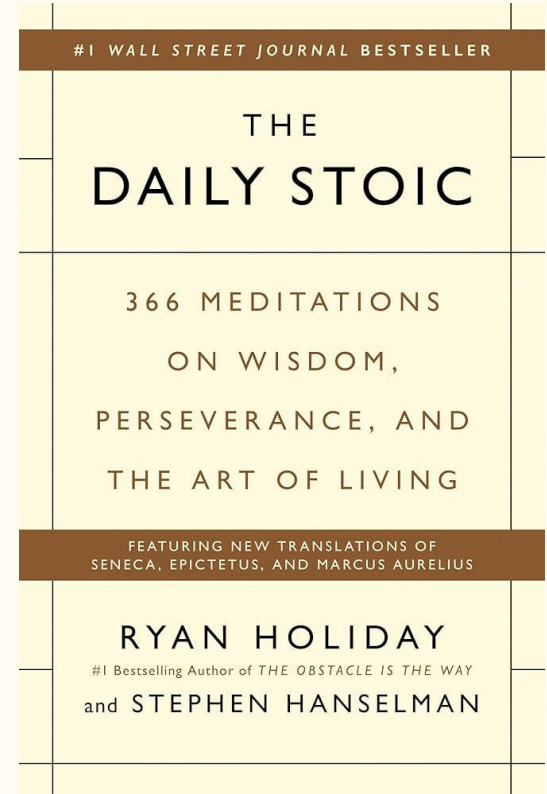
Seneca the Younger



Ancient bust of Seneca, part of the [Double Herm of Socrates and Seneca](#)

The World's Most Interesting Stoic

- Major philosophical thinker of the Roman Imperial Period
- Stoic philosophy highly accessible
- Had a resurgence in the Renaissance with writers like Michel de Montaigne
- Seneca's philosophy would remain popular to the present day
- *Daily Stoic* called Seneca: “the world's most interesting Stoic”



Life of Seneca

- Born in 4 BCE in Hispania
- Travelled to Rome to study rhetoric
- 41 CE: Seneca is exiled to Corsica under emperor Claudius
 - Was accused of adultery with with Claudius's niece Julia Livilla
 - Returned in 49 CE to tutor Nero
- Nero became Emperor in 54 CE → Seneca became his advisor
- Influence with Nero declined over time
- 65 CE was forced to take his own life for alleged complicity in conspiracy to assassinate Nero
- Stoic calm during suicide has become the subject of many paintings



Nero and Seneca, by [Eduardo Barrón](#) (1904). [Museo del Prado](#)



Death of Seneca by Peter Paul Rubens



Manuel Domínguez Sánchez, *Death of Seneca*, Museo del Prado



Woodcut illustration of the suicide of Seneca and the attempted suicide of his wife Pompeia Paulina

Seneca's philosophical work

- Wrote several books on Stoicism
- Focus on ethics with one work on physical/natural philosophy, *Naturales Quaestiones*
- Incorporated thought of earlier Stoics (Zeno, Cleanthes, Chrysippus, Epicurus)
- Epicurus is especially important → source for series of ethical maxims
- Some interest in Platonist metaphysics, but no clear argument/commitment
- Stoicism was popular in Rome among the upper-class especially → a guiding framework for political action

Philosophy as the balm of life

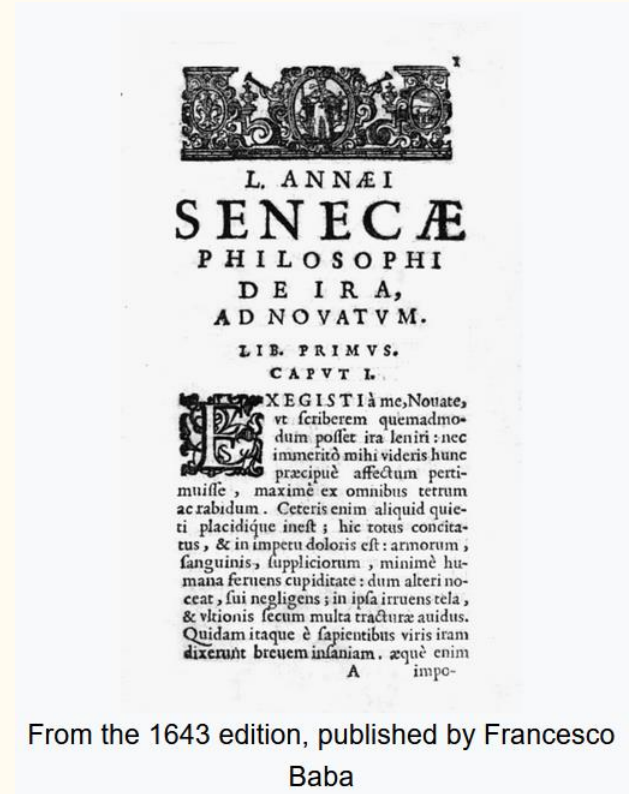
- Works provide ethical theory alongside practical advice → how to think and how to act
- Search for ethical perfection in his philosophy (Letters to Lucilius)
- Philosophy, especially Stoicism, provides balm for the wounds and injuries of life
- Reason must take the helm → passions like anger and grief should be destroyed
- Must be able to face death calmly and unemotionally
- Poverty or wealth do not phase the philosopher → it is about what you do with what you have

On Anger (c. 45 CE)

- Works defines anger
- Important emotion → important for empire
- For Seneca, anger should not be controlled by destroyed

We shouldn't control anger, but destroy it entirely—for what "control" is there for a thing that's fundamentally wicked?

—Seneca, *De Ira*, iii.42



From the 1643 edition, published by Francesco

Baba

Enslaved by emotions and vice

- *De Ira* is a guide written in Stoic tradition → help people out of a life enslaved by vices → freedom of life of virtue
- Must develop the ability to control the passions (anger is the most dangerous passion)
- Philosopher trains mind towards reason
- Relationship between passion and reason:
 - Passions arise and become powerful as the result of misunderstanding of reality
 - Passion is a defective belief
 - Mind makes errors about the world → leads to passions like anger
- Anger is contrary to human nature and should be eradicated

MASTER STOICISM, MASTER MASCULINITY

AN AWAKENED MAN'S GUIDE TO MONEY

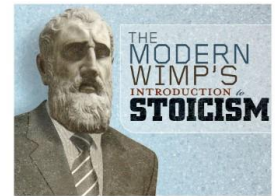
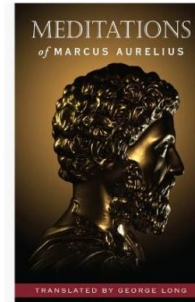


RED PILL

ALPHA MALE STRATEGIES TO AVOID
FEMALE MANIPULATION

JOSHUA DALTON

The "I'm a Stoic" Starter Pack



*ReJeCt
modernity,
EmBrAcE,
masculinity*

"I don't get mad,
bruh."

2 mins later

"F**k! F**k!
Piece of sh*t
mutherf**ker!"

"AcTuAlLy,
Stoicism
isn't about
holding in
emotions..."

