

Jan 11

When I think on 2025, I see a year that was challenging on many levels ~ but one which was rewarding in many ways, as well.

Some of the challenges - professionally and personally - have been documented and otherwise talked about here on this podcast and in other public venues - others, less so.

Thinking on 2025 and on the year that remains ahead, my thoughts turn to

Jan 11

(2)

Epictetus ~ not unusual for me!

"Everything has two handles, and it may be carried by one of these handles, but not by the other"

[Eschiridion 43]

As such, in choosing to view challenges both past and present, and those which lie ahead — by the handle which makes the thing supportable — whatever the thing in question may be at any given time!

(3)

(Jan 11)

In close alignment, I find that one of the surviving fragments from Heraclitus to be helpful —

"Men dig tons of earth to find an ounce of gold"

[Fragment # 8]

This notion, going back to the 500's BC, resonates strongly today and ties in closely to much of what Epictetus, Marcus Aurelius and others from the ancient world have to say to us —

Namely that it is up to us

(4)

Jan 11

as individuals to make
"proper use" of our impressions,
and to assign value
accordingly! These judgements,
in turn, determine actions
which over the short and
long term, determine our
quality of life - our inner
life, but also how we are
seen and known publicly.

One person's broken glass is
another's refined diamonds,
essentially!

Many thanks to you for
checking out this EIT,

(Jan 11)

(5)

and to Dong for being
such a great partner and
collaborator on this enterprise!
May all your challenges in
2016 be supportable!

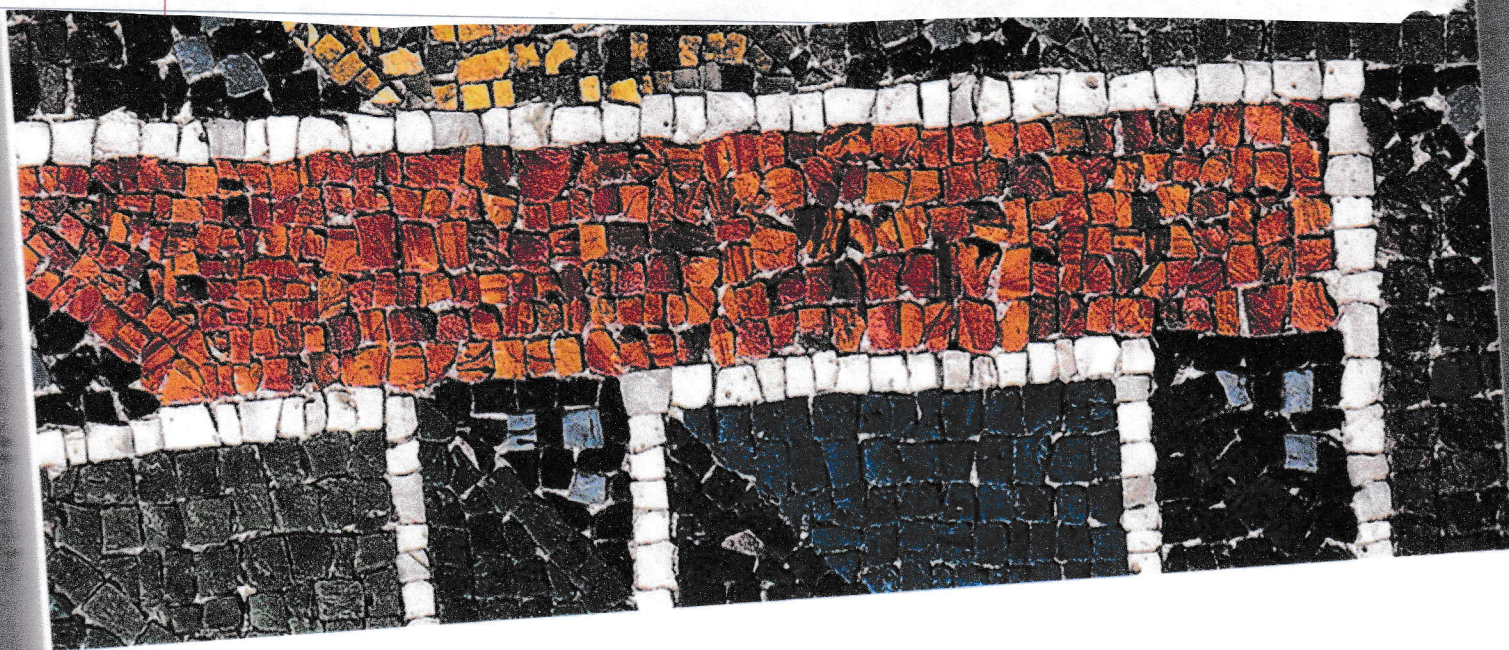
"If you come up against
anything that requires an
effort... remember that this
is the time of the contest,
that the Olympic Games have
now arrived, and that there is
no possibility of further delay,
and that it depends on a
single day and single action
whether progress is to be

⑥

Jan 11

lost or secured?

Epictetus, Eschiridion 51 *



Epictetus

Discourses, Fragments, Handbook

A new translation by Robin Hard

OXFORD WORLD'S CLASSICS