



MEDITATIONS

Meditations

by **Marcus Aurelius (AD 121-180)**
translated by **George Long (1800-1879)**

Marcus Aurelius wrote *Meditations* in Greek while on campaign between 170 and 180, as a source for his own guidance and self-improvement. His writings survive and continue to inspire others to this day. The *Meditations* take the form of quotations varying in length from one sentence to long paragraphs. He elucidates the Stoic philosophy that the only way a man can be harmed by others is to allow his reaction to overpower him. He advises avoiding indulgence in emotion, a skill which, he says, will free a man from the pains and pleasures of the material world. An order or *logos* permeates existence. Rationality and clear-mindedness allow one to live in harmony with the *logos*. He shows no particular religious faith in his writings, but seems to believe that some sort of logical, benevolent force organizes the universe in such a way that even “bad” occurrences happen for the good of the whole.

Total running time: 6:59:20

Cover design by Kathryn Delaney
Portrait bust of Marcus Aurelius, archeological
Museum, Istanbul
Photograph by Giovanni Dall’Orto

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