

Mutual Interdependence & Efface Opinions (28m) – Episode 051

Episode 051 looks at two Stoic topics: the first from Marcus Aurelius who wrote, “Meditate often on the interconnectedness and mutual interdependence of all things in the universe. For in a sense, all things are mutually woven together and therefore have an affinity for each other—for one thing follows after another according to their tension of movement, their sympathetic stirrings, and the unity of all substance.”; and the second from r/Stoicism, a post by Anderson Silver (yourusermanual), which began with another Marcus Aurelius quote, “Efface the opinion, *I am harmed*, and at once the feeling of being harmed disappears; efface the feeling, and the harm disappears at once.”

Website: Stoicism For a Better Life

Books: Anderson Silver’s Amazon Author Page

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