A ONE-PAGE SHEET

The Enchiridion

Epictetus

C. AD 108 · GEORGE LONG, 1877

In our Discourses and Encheiridion volume

"Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are, and you will have a tranquil flow of life."

ENCHIRIDION 8 · GEORGE LONG, 1877

What is in our power

The handbook opens by dividing things. In our power are opinion, desire, and aversion—our own acts. Not in our power are the body, property, and reputation.

Wish things as they are

Peace, in this teaching, comes not by forcing events to match your wish, but by fitting your wish to what has actually happened, and keeping your will free.

Insult is in the opinion

A person who reviles you does not, by that alone, insult you. The sting is the opinion that this must wound you. If you drop that opinion, the insult has no hook.

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What a Christian reader should weigh

Training the will and refusing needless fury are genuine goods. “Wish the things which happen to be as they are” can be heard as if a Christian may not lament or ask. S
ruling faculty is not the Holy Spirit, and quiet is not the same as trust in a personal God.