A ONE-PAGE SHEET

Meditations

Marcus Aurelius

C. AD 170–180 · GEORGE LONG, 1862

"Make it not any longer a matter of dispute or discourse, what are the signs and proprieties of a good man, but really and actually to be such."

BOOK X · GEORGE LONG, 1862

Notes to himself

These are private reminders, not a showpiece for the court. An emperor writes to keep his own mind on duty, justice, and a short life.

Only your judgments are yours

Events themselves do not have to disturb you. What upsets you, in this teaching, is the opinion you add. You can refuse that opinion and keep a quiet soul.

A part of the whole

Marcus sees each person as a part of Nature and of the city of the world. Your work is to take your post and do the work of a rational and social being.

Do the good,

It is not enough t
point is actually t
for praise.

Death is a na

He returns often
is meant to make
from wasting the

Justice at the

The next duty is
off your work by

What a Christian reader should weigh

The discipline of attention, justice, and a short memory for insults is worth practicing. Marcus speaks of gods and of Nature, not of the Father or of Christ. Do not ba
treat grief, lament, or prayer as if they were only weaknesses of judgment.