

Epictetus



THE BIG NEST

The Discourses



EPICETETUS

THE DISCOURSES



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New Edition

Published by The Big Nest
www.thebignest.co.uk

This Edition first published in 2016

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ISBN: 9781787240148

CONTENTS

THE DISCOURSES

7

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OF THE THINGS WHICH ARE IN OUR POWER AND NOT IN OUR POWER.—Of all the faculties (except that which I shall soon mention), you will find not one which is capable of contemplating itself, and, consequently, not capable either of approving or disapproving. How far does the grammatic art possess the contemplating power? As far as forming a judgment about what is written and spoken. And how far music? As far as judging about melody. Does either of them then contemplate itself? By no means. But when you must write something to your friend, grammar will tell you what words you should write; but whether you should write or not, grammar will not tell you. And so it is with music as to musical sounds; but whether you should sing at the present time and play on the lute, or do neither, music will not tell you. What faculty then will tell you? That which contemplates both itself and all other things. And what is this faculty? The rational faculty; for this is the only faculty that we have received which examines itself, what it is, and what power it has, and what is the value of this gift, and examines all other faculties: for what else is there which tells us that golden things are beautiful, for they do not say so themselves? Evidently it is the faculty which is capable of judging of appearances. What else judges of music, grammar, and the other faculties, proves their uses, and points out the occasions for using them? Nothing else.

What then should a man have in readiness in such circumstances? What else than this? What is mine, and what is not mine; and what is permitted to me, and what is not permitted to me. I must die. Must I then die lamenting? I must be put in chains. Must I then also lament? I must go into exile. Does any man then hinder me from going with smiles and cheerfulness and contentment? Tell me the secret which you possess. I will not, for this is in my power. But I will put you in chains. Man,

what are you talking about? Me, in chains? You may fetter my leg, but my will not even Zeus himself can overpower. I will throw you into prison. My poor body, you mean. I will cut your head off. When then have I told you that my head alone cannot be cut off? These are the things which philosophers should meditate on, which they should write daily, in which they should exercise themselves.

What then did Agrippinus say? He said, "I am not a hindrance to myself." When it was reported to him that his trial was going on in the Senate, he said: "I hope it may turn out well; but it is the fifth hour of the day"—this was the time when he was used to exercise himself and then take the cold bath,—"let us go and take our exercise." After he had taken his exercise, one comes and tells him, "You have been condemned." "To banishment," he replies, "or to death?" "To banishment." "What about my property?" "It is not taken from you." "Let us go to Aricia then," he said, "and dine."

HOW A MAN ON EVERY OCCASION CAN MAINTAIN HIS PROPER CHARACTER.—To the rational animal only is the irrational intolerable; but that which is rational is tolerable. Blows are not naturally intolerable. How is that? See how the Lacedaemonians endure whipping when they have learned that whipping is consistent with reason. To hang yourself is not intolerable. When then you have the opinion that it is rational, you go and hang yourself. In short, if we observe, we shall find that the animal man is pained by nothing so much as by that which is irrational; and, on the contrary, attracted to nothing so much as to that which is rational.

Only consider at what price you sell your own will: if for no other reason, at least for this, that you sell it not for a small sum. But that which is great and superior perhaps belongs to Socrates and such as are like him. Why then, if we are naturally such, are not a very great number of us like him? Is it true then that all horses become swift, that all dogs are skilled in tracking footprints? What then, since I am naturally dull, shall I, for this reason, take no pains? I hope not. Epictetus is not superior to Socrates; but if he is not inferior, this is enough for me; for I

shall never be a Milo, and yet I do not neglect my body; nor shall I be a Croesus, and yet I do not neglect my property; nor, in a word, do we neglect looking after anything because we despair of reaching the highest degree.

HOW A MAN SHOULD PROCEED FROM THE PRINCIPLE OF GOD BEING THE FATHER OF ALL MEN TO THE REST.—If a man should be able to assent to this doctrine as he ought, that we are all sprung from God in an especial manner, and that God is the father both of men and of gods, I suppose that he would never have any ignoble or mean thoughts about himself. But if Cæsar (the emperor) should adopt you, no one could endure your arrogance; and if you know that you are the son of Zeus, will you not be elated? Yet we do not so; but since these two things are mingled in the generation of man, body in common with the animals, and reason and intelligence in common with the gods, many incline to this kinship, which is miserable and mortal; and some few to that which is divine and happy. Since then it is of necessity that every man uses everything according to the opinion which he has about it, those, the few, who think that they are formed for fidelity and modesty and a sure use of appearances have no mean or ignoble thoughts about themselves; but with the many it is quite the contrary. For they say, What am I? A poor, miserable man, with my wretched bit of flesh. Wretched, indeed; but you possess something better than your bit of flesh. Why then do you neglect that which is better, and why do you attach yourself to this?

Through this kinship with the flesh, some of us inclining to it become like wolves, faithless and treacherous and mischievous; some become like lions, savage and bestial and untamed; but the greater part of us become foxes, and other worse animals. For what else is a slanderer and malignant man than a fox, or some other more wretched and meaner animal? See then and take care that you do not become some one of these miserable things.

OF PROGRESS OR IMPROVEMENT.—He who is making progress, having learned from philosophers that desire means the desire of good things, and aversion means aversion from bad

things; having learned too that happiness and tranquillity are not attainable by man otherwise than by not failing to obtain what he desires, and not falling into that which he would avoid; such a man takes from himself desire altogether and confers it, but he employs his aversion only on things which are dependent on his will. For if he attempts to avoid anything independent of his will, he knows that sometimes he will fall in with something which he wishes to avoid, and he will be unhappy. Now if virtue promises good fortune and tranquillity and happiness, certainly also the progress towards virtue is progress towards each of these things. For it is always true that to whatever point the perfecting of anything leads us, progress is an approach towards this point.

How then do we admit that virtue is such as I have said, and yet seek progress in other things and make a display of it? What is the product of virtue? Tranquillity. Who then makes improvement? Is it he who has read many books of Chrysippus? But does virtue consist in having understood Chrysippus? If this is so, progress is clearly nothing else than knowing a great deal of Chrysippus. But now we admit that virtue produces one thing, and we declare that approaching near to it is another thing, namely, progress or improvement. Such a person, says one, is already able to read Chrysippus by himself. Indeed, sir, you are making great progress. What kind of progress? But why do you mock the man? Why do you draw him away from the perception of his own misfortunes? Will you not show him the effect of virtue that he may learn where to look for improvement? Seek it there, wretch, where your work lies. And where is your work? In desire and in aversion, that you may not be disappointed in your desire, and that you may not fall into that which you would avoid; in your pursuit and avoiding, that you commit no error; in assent and suspension of assent, that you be not deceived. The first things, and the most necessary are those which I have named. But if with trembling and lamentation you seek not to fall into that which you avoid, tell me how you are improving.

Do you then show me your improvement in these things? If I were talking to an athlete, I should say, Show me your shoulders; and then he might say, Here are my Halteres. You and your

Halteres look to that. I should reply, I wish to see the effect of the Halteres. So, when you say: Take the treatise on the active powers ([Greek: hormea]), and see how I have studied it, I reply: Slave, I am not inquiring about this, but how you exercise pursuit and avoidance, desire and aversion, how you design and purpose and prepare yourself, whether conformably to nature or not. If conformably, give me evidence of it, and I will say that you are making progress; but if not conformably, be gone, and not only expound your books, but write such books yourself; and what will you gain by it? Do you not know that the whole book costs only five denarii? Does then the expounder seem to be worth more than five denarii? Never then look for the matter itself in one place, and progress towards it in another. Where then is progress? If any of you, withdrawing himself from externals, turns to his own will ([Greek: proairesis]) to exercise it and to improve it by labor, so as to make it conformable to nature, elevated, free, unrestrained, unimpeded, faithful, modest; and if he has learned that he who desires or avoids the things which are not in his power can neither be faithful nor free, but of necessity he must change with them and be tossed about with them as in a tempest, and of necessity must subject himself to others who have the power to procure or prevent what lie desires or would avoid; finally, when he rises in the morning, if he observes and keeps these rules, bathes as a man of fidelity, eats as a modest man; in like manner, if in every matter that occurs he works out his chief principles ([Greek: ta proaegoumena]) as the runner does with reference to running, and the trainer of the voice with reference to the voice—this is the man who truly makes progress, and this is the man who has not travelled in vain. But if he has strained his efforts to the practice of reading books, and labors only at this, and has travelled for this, I tell him to return home immediately, and not to neglect his affairs there; for this for which he has travelled is nothing. But the other thing is something, to study how a man can rid his life of lamentation and groaning, and saying, Woe to me, and wretched that I am, and to rid it also of misfortune and disappointment, and to learn what death is, and exile, and prison, and poison, that he may be able to say when he is in fetters, Dear Crito, if it is the will of the gods that it be so, let it be so; and not to say, Wretched am I, an old man: have I kept my gray hairs for this? Who is it

that speaks thus? Do you think that I shall name some man of no repute and of low condition? Does not Priam say this? Does not Oedipus say this? Nay, all kings say it! For what else is tragedy than the perturbations ([Greek: pathae]) of men who value externals exhibited in this kind of poetry? But if a man must learn by fiction that no external things which are independent of the will concern us, for my part I should like this fiction, by the aid of which I should live happily and undisturbed. But you must consider for yourselves what you wish.

What then does Chrysippus teach us? The reply is, to know that these things are not false, from which happiness comes and tranquillity arises. Take my books, and you will learn how true and conformable to nature are the things which make me free from perturbations. O great good fortune! O the great benefactor who points out the way! To Triptolemus all men have erected temples and altars, because he gave us food by cultivation; but to him who discovered truth and brought it to light and communicated it to all, not the truth which shows us how to live, but how to live well, who of you for this reason has built an altar, or a temple, or has dedicated a statue, or who worships God for this? Because the gods have given the vine, or wheat, we sacrifice to them; but because they have produced in the human mind that fruit by which they designed to show us the truth which relates to happiness, shall we not thank God for this?

AGAINST THE ACADEMICS.—If a man, said Epictetus, opposes evident truths, it is not easy to find arguments by which we shall make him change his opinion. But this does not arise either from the man's strength or the teacher's weakness; for when the man, though he has been confuted, is hardened like a stone, how shall we then be able to deal with him by argument?

Now there are two kinds of hardening, one of the understanding, the other of the sense of shame, when a man is resolved not to assent to what is manifest nor to desist from contradictions. Most of us are afraid of mortification of the body, and would contrive all means to avoid such a thing, but we care not about the soul's mortification. And indeed with regard to the soul, if a man be in such a state as not to apprehend anything, or

understand at all, we think that he is in a bad condition; but if the sense of shame and modesty are deadened, this we call even power (or strength).

OF PROVIDENCE.—From everything, which is or happens in the world, it is easy to praise Providence, if a man possesses these two qualities: the faculty of seeing what belongs and happens to all persons and things, and a grateful disposition. If he does not possess these two qualities, one man will not see the use of things which are and which happen: another will not be thankful for them, even if he does know them. If God had made colors, but had not made the faculty of seeing them, what would have been their use? None at all. On the other hand, if he had made the faculty of vision, but had not made objects such as to fall under the faculty, what in that case also would have been the use of it? None at all. Well, suppose that he had made both, but had not made light? In that case, also, they would have been of no use. Who is it then who has fitted this to that and that to this?

What, then, are these things done in us only? Many, indeed, in us only, of which the rational animal had peculiar need; but you will find many common to us with irrational animals. Do they then understand what is done? By no means. For use is one thing, and understanding is another; God had need of irrational animals to make use of appearances, but of us to understand the use of appearances. It is therefore enough for them to eat and to drink, and to copulate, and to do all the other things which they severally do. But for us, to whom he has given also the intellectual faculty, these things are not sufficient; for unless we act in a proper and orderly manner, and conformably to the nature and constitution of each thing, we shall never attain our true end. For where the constitutions of living beings are different, there also the acts and the ends are different. In those animals then whose constitution is adapted only to use, use alone is enough; but in an animal (man), which has also the power of understanding the use, unless there be the due exercise of the understanding, he will never attain his proper end. Well then God constitutes every animal, one to be eaten, another to serve for agriculture, another to supply cheese, and another for some like use; for which purposes what need is there to understand appearances and to