SELF-REFLECTION

-THE SOUL BECOMES DYED WITH THE COLOR OF ITS THOUGHTS.

-NOWHERE CAN MAN FIND A QUIETER OR MORE UNTROUBLED RETREAT THAN IN HIS OWN SOUL.

-LOOK WELL INTO THYSELF; THERE IS A SOURCE OF STRENGTH WHICH WILL ALWAYS SPRING UP IF THOU WILT ALWAYS LOOK.

-WASTE NO MORE TIME ARGUING ABOUT WHAT A GOOD MAN SHOULD BE. BE ONE.

-HE WHO LIVES IN HARMONY WITH HIMSELF LIVES IN HARMONY WITH THE UNIVERSE.

-IF YOU ARE DISTRESSED BY ANYTHING EXTERNAL, THE PAIN IS NOT DUE TO THE THING ITSELF, BUT TO YOUR ESTIMATE OF IT; AND THIS YOU HAVE THE POWER TO REVOKE AT ANY MOMENT.

-THE HAPPINESS OF YOUR LIFE DEPENDS UPON THE QUALITY OF YOUR THOUGHTS: THEREFORE, GUARD ACCORDINGLY, AND TAKE CARE THAT YOU ENTERTAIN NO NOTIONS UNSUITABLE TO VIRTUE AND REASONABLE NATURE.

-CONFINE YOURSELF TO THE PRESENT.

-BE CONTENT WITH WHAT YOU ARE, AND WISH NOT CHANGE; NOR DREAD YOUR LAST DAY, NOR LONG FOR IT.

-DWELL ON THE BEAUTY OF LIFE. WATCH THE STARS, AND SEE YOURSELF RUNNING WITH THEM..

MARCUS AURELIUS

LEVEL STOIC