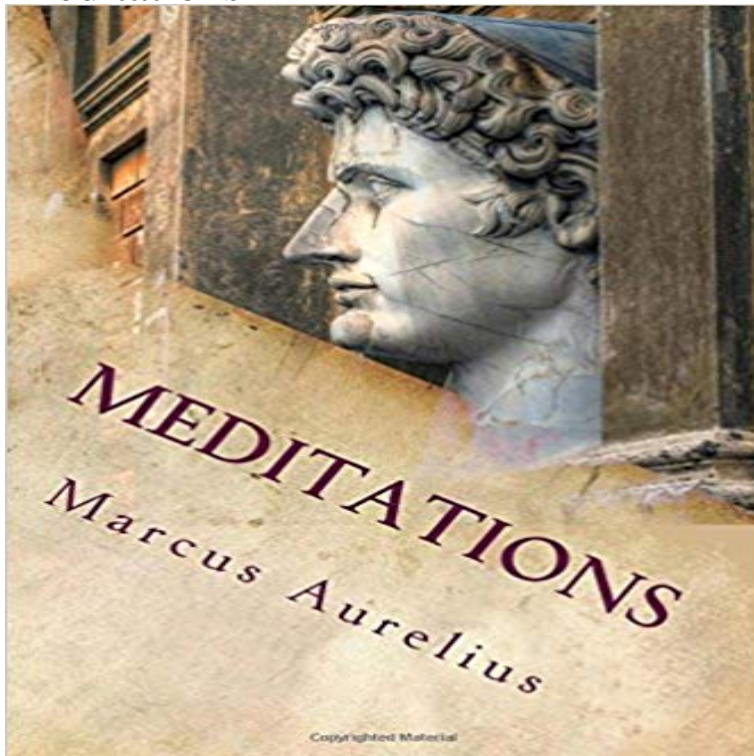


## Meditations



Stirring reflections on the human condition from a warrior and emperor provide a fascinating glimpse into the mind and personality of a highly principled Roman of the 2nd century. Recognizing that suffering is at the core of life, he counsels stoic detachment in the face of inevitable pain, loss and death. It was during his campaigns against the barbarians that the Roman emperor, Marcus Aurelius, wrote his famous Meditations. They record the passing thoughts, the maxims and the musings on life and death of a sensitive and humble mind which had been trained in that stoic philosophy which contributed so much to Christianity. Meditations is one of the best-known and most popular works of ancient philosophy, offering spiritual reflections on how best to understand the universe and ones place within it. In short, highly charged comments, Marcus draws on Stoic philosophy to confront challenges that he felt acutely, but which are also shared by all human beings--facing the constant presence of death, making sense of ones social role, grasping the moral significance of the universe. They bring us closer to the personality of the emperor, who is often disillusioned with his own status and with human activities in general; they are both an historical document and a remarkable spiritual diary.

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