

The Wisdom of Hypatia

Chapter 2: Spiritual Practices

Learning Outcomes:

- You will understand that ancient philosophy is a way of *living well*, not just a system of thought
- You will understand the importance of *practice* for your spiritual progress
- You will understand how *spiritual exercises* make you more godlike
- You will understand that some practices *concentrate inward* on your true self
- You will know three practices that *expand outward* to give you a cosmic perspective
- You will understand why philosophy can be considered the *practice of death*
- You will know how to practice morning and evening *examination of conscience*

Key Ideas:

- Spiritual advancement depends on systematic spiritual practices
- “Dying before you die” can help you to live better
- Start practicing morning and evening examination of conscience
- *Maxims* help you to practice philosophy and should be recorded in your commonplace
- Expansive practices give you a deity’s perspective
- Philosophy helps you to be more godlike
- Biographies of the sages are meant to form, not to inform
- Self-mastery is essential to living philosophically

Summary of Spiritual Practices

Concentrating Inward	Practice of Death Focus on the Present Examination of Conscience Premeditation of Misfortune Governing Inner Discourse Memorization of Maxims Compilation of Commonplaces Examination of Dreams
Expanding Outward	Viewpoint from the Center View from Above Viewpoint of Science
Other Practices	Contemplation of the Sage Spiritual Journaling

Your Notes: