

The Wisdom of Hypatia

The Second Degree of Wisdom Chapter 5: The Discipline of Assent

Learning Outcomes:

- You will know the highlights of the history of Stoicism
- You will understand the goals of the Stoic way of life, which is to live in accord with Nature
- You will understand that this way of life is embodied in three fundamental disciplines
- You will be able to apply the Discipline of Assent in your life

Key Ideas:

- *Marcus Aurelius* lived a Stoic life in spite of being emperor of the Roman Empire
- Stoicism strives for serenity, autonomy, and cosmic consciousness
- The *logos* of something is its ordering principle
- Each of us has a *higher soul* or *guiding principle*, an inner divinity or daimon, which is from the Universal Cause
- Living in accord with Nature is achieved through three disciplines: the *Disciplines of Assent, Impulse, and Desire* (AID)
- The Discipline of Assent addresses *what is true or not*
- The Discipline of Desire addresses *what is good or not*
- The Discipline of Impulse addresses *what we should do or not*
- The goal of the Discipline of Assent is *to assent to the true, to dissent from the false, and to suspend judgment on the uncertain*
- Suspending judgment on the uncertain frees you from habitual reactions
- *Neutral (or naked) description* is an exercise in withdrawing judgment
- Your higher soul is an *inner acropolis*

Exercises:

- Divine Nature
- Neutral Description
- Suspending Judgment

Your Notes:

