

The Wisdom of Hypatia

The Second Degree of Wisdom Chapter 6: The Discipline of Desire

Learning Outcomes:

- You will be able to distinguish what is truly good or bad from what is only apparently good or bad
- You will understand that the truly good is always attainable and the truly bad always avoidable
- You will know how to detach your desires from that which is neither truly good nor bad
- You will achieve serenity through this detachment
- You will know how to respond to misfortunes and to accept your fate
- You will understand the Stoic concept of Providence

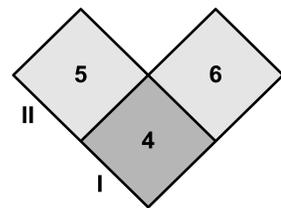
Key Ideas:

- The *Discipline of Desire* helps you to accommodate yourself to universal Nature
- The only truly good thing is moral goodness, the only truly bad thing is moral badness, all else is indifferent
- The truly good is always obtainable and the truly bad always avoidable
- Be indifferent to the indifferent
- By the exercise of *circumscribing the self* you can gradually detach desire from what is not in your control
- The *Sphere of Empedocles* is an image of the imperturbable guiding principle of the sage
- *Premeditating misfortunes* helps you to be indifferent to them and to consent to destiny
- In addition to an *inner daimon* (the *higher self*), each of us has a *guardian daimon*
- By practicing the *View From Above* you will be better able to separate the important from the unimportant
- Consent to Destiny, and welcome what Providence prescribes
- The universe is united by cosmic sympathy or love
- It is often more productive to view events as destiny rather than chance

Exercises:

- Circumscribing the Self (Sitting) (p. 96)
- Circumscribing the Self (Active) (p. 97)
- Neutral Description of Disease (p. 97)
- Premeditation of Misfortunes (p. 99)
- Detachment (p. 100)
- View from Above (p. 103)
- The Web of Fate (p. 108)
- Accepting Your Destiny (p. 108)
- Assessing Your Progress (p. 111)

Your Notes:



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