An Anthology of Short Stories and Sayings of Ancient Greece

A self-help guide to practical and numerous Ancient Greek Maxims, Quotations, Sayings and Short Stories of noted Ancient Greek philosophers, poets and thinkers to support you in leading a more balanced and harmonic life.

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Synopsis

This book contains and an **Anthology of Ancient Greek Maxims**, Quotations, World-Views, Practices, Sayings and Short Stories (pearls of ancient Greek wisdom) by several noted Ancient Greek thinkers, like Aristotle, Plato, Socrates, Epicurus, Aesop, etc.
These may be used as examples to follow in your life.
These are presented in seven categories on the basis of the following Principles (P), such as:
P1. Temperance: See Chapter 2 containing over 400 pearls of ancient Greek wisdom on Temperance and its manifestations of: management of emotions, self-control, patience, prudence, humility, happiness, hate, anger, trust, truth, etc.
P2. Faith: See Chapter 3 containing over 40 wisdom pearls on Faith and its manifestations of: being ethical and religious, worship, religious and moral behavior, devoutness, beliefs, etc.
P3. Justice: See Chapter 4 containing over 90 wisdom pearls on Justice and its manifestations of: law, application of justice, public office, governance, political system of governing, etc.
P4. Harmony: See Chapter 5 containing over 150 wisdom pearls on Harmony and its manifestations of: tranquility, peace and war, associating with others, treating others, etc.
P5. Friendship: See Chapter 6 containing over 110 wisdom pearls on Friendship and its expressions of: practicing friendship, supporting friends, handling enemies, love, mercy and errors, etc.
P6. Kalokagathia: See Chapter 7 containing over 120 wisdom pearls on Kalokagathia and its expressions of: goodness, gratitude, kindness, malice and badness, hate, anger, etc.
P7. Courage: See Chapter 8 containing over 210 pearls of Greek wisdom on Courage and its manifestations of: Adjustment, Acceptance, Perseverance and Vitality, Contingency Planning, Bravery and Valor, Risk Management, Decision Making, Governance, Protection of Homeland, etc.

Chapter 1: Introduction

According to the principles of positive psychology and the theory of positive emotions supported by research undertaken recently[1] the key factors that have been found to support you better in managing stress and improving your life are: **faith, patience, acceptance, hope, planning ahead, gratitude, managing emotions, adaptability or adjustment, communication** and **enhancing interpersonal relationships.**

In this regard, after a very extensive research I have found that the ancient Greek thinkers like the Seven Sages, Aristotle, Plato, Socrates, Pythagoras, Heraclitus, etc. provide a complete and integrated set of wise world-views, quotations and sayings that enhance the power and dynamism of these factors in coping more effectively with stress.

To make things more practical and relevant I use seven principles from the ancient Greek wisdom in my proposed *'The H4u Stress Approach'.*
These are*:* Temperance; Faith; Justice; Harmony; Friendship; Kalokagathia (Goodness and Kindness); and Courage.

Why is that?

There are many principles in Aristotle, Plato, Socrates and other ways of articulating virtues and vices in other Ancient Greek philosophers. I have chosen the following seven that I think are most important, based on my experience in the business world.

PRINCIPLE 1: TEMPERANCE

Temperance defines self-control in relation to the basic drive for survival and pleasure: food, drink, sex, material acquisition. Clearly these drives are based on the human condition. Every cultural tradition has moral lessons and moral archetypes that encourage self-control and condemn excesses.

Temperance, as a Principle, in every-day personal life and business operations has to do with the management of emotions, self-control, patience, prudence, humility, civic duties, wealth, mercy, errors, forgiveness, happiness, hate, anger, personal character, trust, truth, listening, speaking, managing time and work, effectiveness, hope, fortune, punishing, association with others, marriage, family, women, children, parents and living.

PRINCIPLE 2: FAITH

Faith - the microcosm in the macrocosm: every cultural tradition has some view of the limits of human powers and condemns human beings when they 'overstep the bounds', the ancient Greek hubris.

FAITH, as a Principle, in its broadest sense in today's socio-economic environment, is also a comprehensive sociological term used to refer to the numerous aspects of religiosity, such as: religious activity or behavior, devoutness, dedication and belief in God or Supreme Being and nature. Faith in every-day personal life and business operations has to do with the quality of commitment, being ethical and religious, worship, religious and moral behavior, devoutness, beliefs, believing in the existence of God, praying, meditation, living in agreement with nature, Divine Providence, hope and Divine Punishment

PRINCIPLE 3: JUSTICE

Justice: rule for the well-being of the ruled. Every society is a complex network of relationships based on authority. Authority is natural: we are born needy and depend on others to care for us, to guide us, to instruct us, to sell us well-made products or provide important services, etc. Every society has taught its citizens to rule for the well-being of those over whom they rule (even when the rulers are abusing their power and hiding behind the rhetoric of justice).

JUSTICE, as a Principle, in every-day personal life and business operations has to do with the law, wealth, application of justice, public office, governance, political system of governing and protection of homeland, family and business.

PRINCIPLE 4: HARMONY

Harmony: personal integrity, the integration of emotions, thoughts, and actions, so one can live one's life in a way that is beautiful and good, always finding the middle group between extremes and doing what is best for the right reason, in the right way, and motivated by the desire to do what is noble because it is noble and for no other reason.

HARMONY, as a Principle, in every-day personal life and business operations defines how to live in harmony. To live in harmony requires that we be conscious of the hopes and needs that surround us and flexible in our own course of action. In a harmonious relationship each party at times sets aside his or her own desires to nurture the relationship itself. We can be in harmony with others only when we are in harmony with ourselves--living true to our deepest sense of what is real and what matters.

Harmony in every-day personal life and business operations has to do with the aspects of living in tranquility, peace and war, wisdom, associating with others, enhancing inter-personal relationships, treating others, education, learning, knowledge, health, pleasure and giving advice.

PRINCIPLE 5: FRIENDSHIP

Friendship: this refers to all sorts of relationships: family, friends, employers, teachers, political leaders, doctors, lawyers, people in the business sector who provide all sorts of good and services. Some relationships are between equals and others between un-equals. Most relationships are based on inequality; the people involved have different responsibilities toward each other and must know how to relate as ruler and as ruled. The quality of one's life is developed and sustained (or undermined and corrupted) by the quality of one's relationships.

FRIENDSHIP, as a Principle, in every-day personal life and business operations has to do with the aspects of living in relation to social interactions, practicing friendship, supporting friends, handling enemies, love, mercy and errors, forgiveness, happiness, education, knowledge and learning.

PRINCIPLE 6: KALOKAGATHIA

Kalokagathia: in ancient Greek, the union of the word for beautiful and the word for goodness or human excellence. A well-functioning adult is exercising all the virtues to the highest level possible: personal, social, political, intellectual, artistic, etc. Such a person is both beautiful and good because he or she has the qualities that make a natural or cultural artifact beautiful and good: proportionality, adaptability to the surrounding environment, the full flourishing of a natural specimen or an artifact that expresses the wisdom and insight of its creator.

KALOKAGATHIA, as a Principle, containing both Goodness and Kindness, in every-day personal life and business operations has to do with the aspects of good life, goodness, gratitude, kindness, peace and war, malice and badness, hate, anger, vice and errors.

PRINCIPLE 7: COURAGE

7. Courage: knowing how to react in situations involving fear. Human beings are by nature extremely vulnerable, which is why they are so dependent upon each other to meet their needs and to enable each other to survive. A courageous person recognizes vulnerability but does not over react. He or she knows how to act bravely in a situation of vulnerability and does so because it is the noble thing to do, not to get the approval of others or to avoid social condemnation. Fearful situations involve fear of death, sickness, aging, as well as fear of social ostracism, loss of reputation, loss of a job or fear of failure to survive, etc.

COURAGE, as a Principle, in every-day personal life and business operations has to do with the aspects of Courage, Adjustment, Acceptance, Perseverance and Vitality, Contingency Planning, Bravery and Valor, Risk Management, Decision Making, Governance, Protection of Homeland, Managing Time & Work, Risk Management, Decision Making, Effectiveness, Education, Knowledge and Stress Coping Skills, Aging, Death, Health, Pleasures, Marriage, Family, Women, Children, Parents and Conduct and Virtues in life.

The following chapters contain all these Ancient Greek Maxims, Quotations, World-Views, Practices, Sayings and Short Stories (pearls of ancient Greek wisdom) by each principle (temperance, faith, justice, harmony, etc.).

Chapter 2: Temperance Pearls

Chapter summary: This chapter contains over 400 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of temperance and its manifestations.

1. Introduction

TEMPERANCE is manifested in various ways, such as**:**
Prudence, Self-Control, Living with measure, etc.
Prudence is what the ancient Greeks called '*sophrosyne*': the quality of wise moderation; Greek, 'prudence, moderation in desires, discretion, temperance', from '*sophron*' of sound mind, prudent, temperate. Also the practice of always controlling your actions, thoughts, or feelings so that you do not eat or drink too much, become too angry, etc. Also denotes self-restraint and self-control. Prudence was considered by the ancient Greeks, as the cause, measure and form of all virtues. From Latin '*temperantia*' meaning moderation, sobriety, discretion, self-control, from '*temperans*', present participle of '*temperare*' to moderate. Latin '*temperantia*' was used by Cicero to translate Greek '*sophrosyne*' moderation.

TEMPERANCE, as a Principle, in every-day personal life and business operations has to do with the management of emotions, self-control, patience, prudence, humility, civic duties, wealth, mercy, errors, forgiveness, happiness, hate, anger, personal character, trust, truth, listening, speaking, managing time and work, effectiveness, hope, fortune, punishing, association with others, marriage, family, women, children, parents and living.

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to temperance and its manifestations of ancient Greek noted thinkers are detailed next.

2.1. Principles of living of the Cynics

Antisthenes, the founder of Cynicism, proposed that 'the law of virtue rather than the laws established by the state (polis) will determine the public acts of one who is wise'.

The central aspects of his ethical thought, in summary, are:
1. Virtue can be taught;
2. Only the virtuous are noble;
3. Virtue is itself sufficient for happiness, since it requires "nothing else except the strength of a Socrates";
4. Virtue is tied to deeds and actions, and does not require a great deal of words or learning;
5. The wise person is self-sufficient;
6. Having a poor reputation is something good, and is like physical hardship;
7. The wise person will marry in order to have children with the best women; and
8. The wise person knows who are worthy of love, and so does not disdain to love.

2.2. Quotations related to Management of emotions

Seven Sages: 'Control yourself'. 'Restrain your anger'. 'Hold your tongue'. 'Live without regrets'. 'Do not worry about everything'. 'Do not be sad when you are dying'. 'Do not let your tongue run ahead of your mind'. 'To not control yourself is a harmful thing'. 'Think first and then act'. 'Do not act violently'.
'Do not dominate with arrogance'.

2.3. Quotations related to Patience

Seven Sages: ‘It is very difficult to discern the future, for certain is what has happened so far’. ‘Act according to measure’. ‘No exaggeration, ever’. ‘Think in the comfort of time’.
‘Never give up what you decided to do’.
‘Do not leave anything in the middle due to frugality’.
Aristotle: ‘Good temper is a mean with respect to anger; the middle state being unnamed, and the extremes almost without a name as well, we place good temper in the middle position, though it inclines towards the deficiency, which is without a name. The excess might be called a sort of 'irascibility'. For the passion is anger, while its causes are many and diverse’.
Heraclitus: ‘It pertains to all men to know themselves and to be temperate’.
Plato: ‘The man who makes everything that leads to happiness depends upon himself, and not upon other men, has adopted the very best plan for living happily. This is the man of moderation, the man of manly character and of wisdom’.
Plutarch: ‘Perseverance is more prevailing than violence; and many things which cannot be overcome when they are together, yield themselves up when taken little by little’.

2.4. Quotations related to Planning Ahead

Seven Sages: ‘It is very difficult to discern the future, for certain is what has happened so far’. ‘Acquire what is not destroyed by time: piety, education, prudence, thoughtful mind, truth, belief, experience, skills and dexterities, co-operation, care, effective management, professional knowledge’.
‘Act according to measure’. ‘No exaggeration, ever’.
‘When you are happy be modest, when you are unfortunate be wise’.
‘Avoid pleasure that begets sorrow’. ‘Have relationships with God(s)’. ‘Make your conclusions from what you see on what you do not see’. ‘Let yourself discern the right time’. ‘Manage your time with economy. ‘Respond in due time’. ‘Take risks with reason’.

2.5. Quotations related to Duties of Governance

Seven Sages: ‘Only when you learn how to be governed, you will know how to govern’.

2.6. A Fable by Aesop on Governance: A mother crab and her son

‘A mother crab criticized her son for walking sideways, whereupon the son asked his mother to show him how to walk straight. Of course the mother crab was unable to walk any straighter than her son, and soon apologized for criticizing what she herself was unable to do’.
The meaning of this story is that example is more powerful than precept.

2.7. Quotations related to Wealth

Seven Sages: ‘Acquire wealth in a just way’. ‘Do not trust wealth’. ‘If you are rich, do not feel proud. If you are poor, do not feel meek’. ‘Do not desire things that cannot be acquired’. ‘Do not get rich in a bad way’.
Antisthenes: ‘Wealth and poverty do not lie in a person's estate, but in their souls’.
Dimosthenis: ‘Money is necessary. Without it you cannot do what needs to be done’.

Diogenes the Cynic: ‘Virtue cannot dwell with wealth either in a city or in a house’.
Epicurus: ‘The wealth acquired by nature is limited and is easy to procure; but the wealth acquired by vain ideals extends to infinity’.

Euripides: ‘Bravery and virtue are not bought with money’.

Homer: ‘It is terrible to become rich without knowing anything else’.

Phokylides: ‘Extreme wealth brings arrogance and insensitivity’.

Plutarch: ‘The pursuit of wealth is a most burdensome activity and which, however, cannot, cure disease’.

Sappho: ‘Wealth without virtue is a damaging companion’.

2.8. Quotations related to Managing Wealth

Seven Sages: ‘Govern your expenses’. ‘Guard yourself against your enemies’. ‘Guard what is yours’. ‘Shun what belongs to others’. ‘Use what you have’. ‘Hide bad things in your home’.
Aesop: ‘It is thrifty to prepare today for the wants of tomorrow’.

Hesiod: ‘Work is no disgrace: it is idleness which is a disgrace’;

Plato: ‘The most important of all goods is health, the second is beauty of the soul and the third is to be able to become rich without doing anything bad’.

Pythagoras: ‘Seek the true value of all things, and enjoy all gifts of God according to Measure’.

Democritus: ‘The person who loves money to the extreme cannot be just’. ‘Happiness to men is not the result of having money, nor strong bodies, but reason and intelligence’.

Hesiod: ‘Save little sums of money often and you will see small savings grow to large sums’
Isocrates: ‘Wealth is the servant of bad things rather than good things’
Menander: ‘Money loving is the mother of every bad thing’.
Phokylides: ‘Extreme wealth brings arrogance and insensitivity’.

2.9. Quotations related to Profit

Seven Sages: ‘Prefer loss to shameful profit. The first will make you sad only once, while the other will worry you forever’. ‘Profit is greedy’. ‘Profit is shameful’.

Menander: ‘Shameful profit will damage you’. ‘You should consider as profit what you earn in an honorable way’.
Theognis: ‘Shameful profits and injustice lead you away from the very good things to misfortune’.

2.10. Quotations related to Mercy and Errors

Seven Sages: ‘Sympathize with the unlucky’. ‘Be sympathetic to the unfortunate’. ‘When you have, give freely’. ‘Give what you mean to give’. ‘Behave with a friendly and courteous manner’. ‘Fulfill a favor’.
Aeschylus: ‘Even the wisest of the wise commits errors’.
Aesop: ‘Never trust a friend who denied you while you were in grief’.
Democritus: ‘Avoid errors, not because of fear, but because want to fulfill your duty’.
Plutarch: ‘I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better’. ‘Committing sins is a human characteristic’.
Sophocles: ‘A person who tries to correct his (her) errors and is not indifferent about it, is considered a worthy one’.
Thucydides: ‘Errors that have been committed without intention should be forgiven’.

2.11. Quotations related to Forgiveness

Seven Sages: ‘Revere a sense of shame’. ‘When they are unjust to you, be willing to reconcile, when they insult you, do not seek revenge’.
Heraclitus: ‘Forgiveness is preferable to punishment’.

2.12. Quotations related to Happiness

Seven Sages: ‘Pray for happiness’. ‘Be happy with what you have’. ‘When you are happy, be modest, when you are unhappy, be sensible’.
Aesop: ‘There is always a person who is more unhappy than us’.

Aristotle: ‘Unhappiness, many times, creates civil disturbances and revolutions’. ‘There is no person who is always absolutely happy’.
Democritus: ‘Our soul is the base of our happiness’. ‘Happiness to men is not the result of having money, nor strong bodies, but reason and intelligence’.
Euripides: ‘Happiness in our life does not last forever because of the existence of sorrow’.
Isocrates: ‘You should consider sincere friends those that not only feel sorry for your misfortunes, but also those that do not hate your happiness’.
Plutarch: ‘Happiness can be found by acquiring knowledge and education’.
Pythagoras: ‘The utmost happiness is to be found in Peace of Mind’.
Plato: ‘The happiest man, then, is the one who doesn't have evil in his soul, now that this has been shown to be the most serious kind of evil’.

2.13. Quotations related to Hate

Seven Sages: ‘Hate violent and offensive behavior’. ‘Hate a false accusation’.
Democritus: ‘The person who hates others must first feel sorry for himself (or herself)’.
Thucidides: ‘Two things make it difficult to make a right decision: hate and anger’.

2.14. Quotations related to Anger

Seven Sages: ‘Do not behave in a violent way’. ‘Do away with enmities’. ‘Never do anything with violence’. ‘Destroy enmities’. ‘Behave with gentleness to others’. ‘Remain calm against rugged people, so that they are ashamed rather than feared of you’.
Epicurus: ‘A blessed and indestructible being has no trouble himself and brings no trouble upon any other being; so he is free from anger and partiality, for all such things imply weakness’.
Euripides: ‘Anger has destroyed many people’. ‘When a discussion gets out of control, the person who does not talk back is

superior than all the others'. 'Just people should not get angry'. 'Every man that controls his anger becomes wiser'.
Menander: 'Control your anger because anger has no logic'.
Plutarch: 'It is more important to take care not to get angry rather than control your anger'.
Sophocles: 'The final result of bad anger is ugly'. 'Push your anger away and think differently'.
Zenon (of Citium): 'You live better if you control your anger'.

2.15. Quotations related to Vice

Seven Sages: 'Shun evil'. 'Shun murder'. 'Despise strife'. 'Detest disgrace'. 'Guard against violent and offensive behavior'. 'Despise evil'. 'Be a friend to virtue, and a stranger to vice'.
Aristotle: 'Jealousy is both reasonable and belongs to reasonable men, while envy is base and belongs to the base, for the one makes himself get good things by jealousy, while the other does not allow his neighbour to have them through envy'.
Heraclitus: 'Deliberate violence is more to be quenched than a fire'.
Menander: 'Where violence exists there is no law' and 'Law is weak when violence prevails'.
Thucidides: 'If someone believes that he (she) will succeed with violence, he (she) will be disappointed when he (she) does not succeed'.

2.16. Quotations related to Errors

Aeschylus: 'Even the wisest of the wise commits errors'.
Democritus: 'Avoid errors, not because of fear, but because you want to fulfill your duty'. 'It is better to destroy one's own errors than those of others'.
Euripides: 'My peace is very rich and more beautiful than the ever-happy Gods'.
Heraclitus: 'Forgiveness is preferable to punishment'.
Plutarch: 'It is human to sin'.
Sophocles: 'A person who tries to correct his (her) errors and is not indifferent about it, is considered a worthy one'.

Thucydides: 'Errors that have been committed without intention should be forgiven'.

2.17. Quotations related to the way of living

Socrates: 'Lazy is not only the person who does nothing, but also the person who can do better and he (or she) does not do it'. 'He who is not contented with what he has, would not be contented with what he would like to have.'
Pythagoras: **'**Never do anything which you do not understand, but learn all you ought to know, and by that you will lead a very pleasant life'. 'Accustom yourself to a way of living that is neat and decent without luxury'. 'You should enjoy when they check you rather than when they flatter you'. 'Enigma 26: Do not stir the fire with a sword', meaning that you should control your temper and do not return angry words to an angry person. 'Enigma 89: Turn away from yourself every sharp edge', meaning that you should avoid those things that harm you and that you should control your passions. In his golden verse number 42, instructed that everyone, on a daily basis, should ask himself (or herself) the following three questions:
Question 1: 'Wherein have I done amiss?'
Question 2: 'What have I done?'
Question 3: 'What have I omitted that I ought to have done?'
And, depending on the replies (i.e., you have done good and acted responsibly), either reprimand and improve yourself or rejoice.
Epicurus, in his Principal Doctrine 25: 'If you do not on every occasion refer each of your actions to the ultimate end prescribed by nature, but instead of this in the act of choice or avoidance turn to some other end, your actions will not be consistent with your theories'.

2.18. Quotations related to Self-Control

Seven Sages: 'When you drink alcohol, do not talk too much, you will make mistakes'. 'Control your anger'. 'Take with persuasion, not with violence'. 'Not being able to control yourself is a hurtful thing'. 'To be quiet is a nice thing, to be arrogant and abusive, a

dangerous one'. 'Know yourself'. 'Control yourself'. 'Respect yourself'. 'Exercise prudence'. 'Control your eyes'. 'Be on your guard'. 'Nothing in excess'. 'Never exaggerate'. 'Moderation (a standard measure (limit, analogy)) in all things is the best'. 'Regulate your life according to a standard'. 'Benefit yourself'. 'Maintain your body and mind in good order'.
Aeschylus: 'Remember to withdraw and stand back when it's necessary'.
Isocrates: 'Power will be bad to those who possess it, unless they also have reasoning'.
Diogenes Laertius: 'God humbles the arrogant and elevates the humble'.

Pythagoras: 'Golden Verse 14. And accustom not thyself to behave thyself in anything without rule, and without reason'; 'Golden Verse 25. Let no man either by his words, or by his deeds, ever seduce thee'; and

2.19. Quotations related to Personal Character

Seven Sages: 'Do not boast about your physical strength'. 'Make promises to no one'. 'Master pleasure'. 'Keep the politeness and goodness of your character more faithful than your oath'. 'Involve yourself with the serious and worthy things'. 'If you ask others to justify their action, be eager to also do the same (justify your actions)'. 'Hate the person who involved in the affairs of others'. 'Don't do yourself, what you don't like in others'.
Dimocritus: 'It is an act of magnanimity for someone to withstand vicious acts with humility and gentleness'.
Menander: 'Never praise yourself'.

2.20. Quotations related to Trust

Seven Sages : 'Do not reveal entrusted secrets'. 'Do not trust fortune'. 'Do not trust all people'. 'Return goods that have been entrusted to you'. 'Do not share with others secrets entrusted to you'.
Theognis: 'A trusted man is worth his weight in silver and gold'.

2.21. Quotations related to Truth

Seven Sages: 'Do not allow false accusations to influence you against persons that have earned your trust'. 'Do not lie but tell the truth'.
Dimocritus: 'Truth must always be said regardless of how cruel or bitter she is'.

2.22. Quotations related to Listening & Speaking

Seven Sages: 'Listen to everyone'. 'Like to listen and do not say too much'. 'Listen to everything'. 'Speak plainly'. 'Restrain your tongue'. 'You should only speak in respectful terms'. 'Do not allow your tongue to run ahead of your intellect'. 'Speak at the exact moment that is most appropriate'. 'Be religiously silent'. 'Seal up your words with silence, and your silence with the right timing'. 'If you don't see something, keep silent'. 'Even if you know, keep silent'.
Hesiod: 'Far best is he who knows all things himself; Good, he that listens attentively when men counsel right; But he who neither knows, nor takes into account another person's wisdom, is a useless weight'.
Euripides: 'Your tongue should never be stronger than your own actions'.

2.23. Quotations related to Managing Time & Work

Seven Sages: 'Take care to know the right opportunity'. 'Use time in an economical way'. 'Respond in a timely way'. 'Think without time limits'. 'Learn to judge the right moment'. 'Look toward the future'. 'Work for what you can own'. 'Laziness is an ill-pleased thing'. 'Do not be lazy, even if you are rich'.
Menander: 'Time is the best judge of a man's character'.

2.24. Quotations related to Effectiveness

Seven Sages: 'Complete your activities without fear and without shrinking back'. 'Pursue what is profitable'. 'Accept opportunity with pleasure'. 'Do not abandon what you have decided to do'.

‘Do not leave things undone due to thrift’. ‘The achievement of something desirable is a very pleasurable thing’. ‘Look into your mirror, and if you look nice, you must do nice things if, however, you look ugly, you must correct your physical deficiency with politeness and goodness’.
Aesop: ‘Do not only request the help of goddess Athena. Do something yourself’. ‘Every human act should not be judged by the speed it is implemented by, but by the perfectness it has achieved’.
Aristophanes: ‘Three things must co-operate for a person to become effective: nature, study and practice’.
Dimosthenis: ‘The person who has the patience and the intelligence to know where he (or she) should stand back, is the person who will have a better chance to fight better and therefore might be more successful next time’.
Isocrates: ‘You must govern others with the same effectiveness as you govern yourself’.

2.25. Quotations related to Hope & Fortune

Seven Sages: ‘Wish for things possible’. ‘Praise hope’. ‘Be fond of fortune’. ‘Do not laugh at the person who is unfortunate’. ‘Hide your misfortune, so that you do not give joy to your enemies’.

2.26. Quotations related to Punishing & Repentance

Seven Sages: ‘Do not punish drunk slaves as you will too seem to be drunk’. ‘Do not be happy by punishing those who commit errors, but you should also hinder those who are willing to commit them’. ‘Act without repenting’. ‘When you err, repent’.
Aeschylus: ‘Man will always meet his actions in life, again and again, whether good or bad’.
Heraclitus: ‘It is more preferable to offer forgiveness than exercise punishment’.
Thucidides: ‘Others must forgive our errors when they are committed without our will’.

2.27. Quotations related to Association with Others

Seven Sages: ‘Do not slander your neighbors, for you are likely to hear things which make you unhappy’. ‘Show tolerance to small damages inflicted upon you by your neighbors’. ‘Be accommodated to all’. ‘Praise everyone’. ‘Fear deceit’. ‘Test the character of a person’. ‘Give back what you have received’. ‘Do not suspect anyone’. ‘Be jealous of no one’. ‘Associate with your peers’. ‘Observe what you have heard’. ‘Be always respectful’. ‘Do not laugh aloud when a man mocks others, because you will draw upon yourself the hate of those who are been mocked’. ‘Do not try to overpass people on the road nor make all kinds of hand gestures, this is done by the crazy people’.

2.28. A Fable by Aesop on Personal Skills Management: The Tortoise and the Eagle

‘A Tortoise, lazily basking in the sun, complained to the sea-birds of her hard fate, that no one would teach her to fly. An Eagle, hovering near, heard her lamentation and demanded what reward she would give him if he would take her aloft and float her in the air. "I will give you," she said, "all the riches of the Red Sea." "I will teach you to fly then," said the Eagle; and taking her up in his talons he carried her almost to the clouds suddenly he let her go, and she fell on a lofty mountain, dashing her shell to pieces. The Tortoise exclaimed in the moment of her death: "I have deserved my present fate; for what had I to do with wings and clouds, when with difficulty I move about on the earth?'
The meaning of this is that if men had all they wished, they would be often ruined.

2.29. Quotations related to Marriage

Seven Sages: ‘Intend to get married’. ‘Submit to married life’. ‘Marry from your own social level because if the wife (or husband) is from a higher social level, you will acquire bosses, not relatives’. ‘Your wedding should be simple’.
Pythagoras: ‘Happy and successful marriage is based upon mutual attraction, and mutual and equal moral worth; and upon no other

consideration'; 'A man should marry in his own walk of life'; 'Love of husband and wife is requisite for parentage on its highest plane'; 'Man and woman are equal in dignity before God';
Pythagoras: 'Enigma 36: Do not approach gold in order to gain children', meaning that you should not marry for money;

2.30. Quotations related to Family

Seven Sages: 'Honor your family'. 'Love the people you feed'. 'Be kind to your own people'. 'Govern and protect your family'.
Aristotle: 'Family is the cell of life'.
Pythagoras: 'The hearth and home are sacred and holy to God'; 'In a well-regulated household everything is done by mutual consent'; 'Observe well, on every occasion, what I am going to tell thee:-- Let no man either by his words, or by his deeds, ever seduce thee; Nor entice thee to say or to do what is not profitable for thyself'.

2.31. Quotations related to Women and Wife

Seven Sages:: 'Govern your wife'. 'Do not fight with your wife and do not behave with arrogance in front of others. The first shows mainly stupidity, while the second may make others consider you to be a crazy man'.
Dimocritus: 'Some men govern city-states, but are slaves to women'.
Menander: 'Silence is an ornament to all women'. 'Woman is the savior of a household, but also its catastrophe'.
Plato: 'Women should be protected during their pregnancy so that they live not with many pleasures, passions or grief, but honoring their period of pregnancy with joy, temperance and good psychic (spiritual) disposition'.
Pythagoras: 'The particular virtues of a woman are fortitude, justice, prudence, temperance and harmony';
Sophocles: 'A bad woman is the worst thing that can happen to a man, and the best gift will be a sensible woman that will come his way'.

2.32. Quotations related to Children

Seven Sages:: ‘Do not curse your sons’. ‘Beget children from noble ancestry’. ‘Whatever care you provide for your parents, the same you should expect to receive when you reach old age, by your children’.
Plutarch: ‘There are three bases that contribute to a child’s good upbringing: Nature, education and exercise’. ‘Praise and rebuke are more beneficial to children than mistreating them’.

2.33. Quotations related to Parents
Seven Sages: ‘Respect your parents’. ‘Do not claim to be more just them your parents’. ‘Respect your father’. ‘Do not get tired in flattering and speaking well to your parents’. ‘Take care to make yourself worthy of your parents’.
Aeschylus: ‘Every person must honor his (or her) parents’.
Antiphon the Sophist: ‘Those born of illustrious fathers we respect and honor, whereas those who come from an undistinguished house we neither respect nor honor. In this we behave like barbarians towards one another. For by nature we all equally, both barbarians and Greeks, have an entirely similar origin: for it is fitting to fulfill the natural satisfactions which are necessary to all men: all have the ability to fulfill these in the same way, and in all this none of us is different either as barbarian or as Greek; for we all breathe into the air with mouth and nostrils…’
Aristotle: ‘And it would be thought that in the matter of food we should help our parents before all others, since we owe our own nourishment to them, and it is more honorable to help in this respect the authors of our being even before ourselves’;
Dimosthenis: ‘The person who does not take care of his (or her) parents is an enemy of both people and Gods’.
Euripides: ‘There are three rules to be followed by anyone who wants to be right: To love his (or her) parents, to love other human beings and to love what is just’.
Isocrates: ‘We should behave towards our parents the same way we would want our children to behave towards us’.
Pythagoras: ‘Golden Verse 4: Honor likewise your parents and those most nearly related to you’;

2.34. Guidance on Living

Antiphon the Sophist: 'Life is like a brief vigil, and the duration of life like a single day, as it were, in which having lifted our eyes to the light we give place to other who succeed us'. 'The greatest sacrifice is the sacrifice of time'.
Aristotle: 'We acquire virtues if we act earlier. If we are just, we become just; if we act with reason, we become reasonable; if we act bravely, we become brave';
Epicurus proposed 'The four-part cure' (Tetrapharmakos), as the basic guideline on how to live the happiest possible life. This consisted of four simple lines:
'Don't fear God,
Don't worry about death;
What is good is easy to get, and
What is terrible is easy to endure'.
Hippocrates: 'Not working and being idle leads men to doing bad things'.
Menander: 'God does not help idle men'.
Plato: 'Every human being should be concerned with three things: caring for his (her) psyche (soul); caring for his (her) body; and using money the correct way'.
Pericles: 'What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others'.
Pythagoras: 'Enigma 93: Leave the public ways; walk in unfrequented paths', meaning that you should live your own spiritual and not wordly life.
Zeno: 'Life that agrees with nature is exactly the same as virtuous life. Because, becoming virtuous, is the final goal that nature leads us to'.

2.35. Quotations related to Education and Stress Coping Skills

Aristotle: 'Now each man judges well the things he knows, and of these he is a good judge. And so the man who has been educated in a subject is a good judge of that subject, and the man who has received an all-round education is a good judge in general'. 'And the things that tend to produce virtue taken as a whole are those of the acts prescribed by the law which have been prescribed with a

view to education for the common good'. 'All men are by nature prone to learning'. 'The roots of education are bitter but its fruit sweet'. 'Right education and ethics create a good person'. 'All human beings have a desire to learn by their nature'. 'Exactly as gymnastics strengthens the body and gives it a certain quality, so does music, as it forms ethos (morality) and gives it a certain quality, enabling us to feel gentle enjoyment as a habit'.

Plato: 'As our eyes are of great value and of immense use to our bodies, so is knowledge for our soul'. 'The best guard of people's freedom is their education and not an army'. 'Right education has a therapeutic impact to our souls'. 'The power of education can tame all people and make them more useful'. 'Musical education is most important, as rhythm and harmony descend to the bottom of the soul (psyche) and impact it with great force, bringing with it beauty'. 'When everyone is singing slowly and is very happy with music during his life, even if he was angry initially, softens as fire softens iron'. 'Right upbringing is the basis of education'. 'You can teach children better by using the method of playing games rather than by force'. 'Correct education is one therapeutic way for our soul'.

Pythagoras: 'Educated people can understand double the things of the not educated '. 'An educated person is not someone who might have knowledge about many things, but the one who has eliminated his passions'.

'He who seeks to know must first learn to imagine and deliberate'. 'Superficial learning is unsound'. 'In science, we learn and judge not by any single hasty glance, but by the thorough examination of every detail'. 'There are eight organs of knowledge: Sense, imagination, art, opinion, prudence, science, wisdom and mind'. 'Memory guards the things that we have learned'. 'Enigma 30: It is a crime to throw stones into fountains', meaning that you should not stop the flow of knowledge.

Socrates: 'Education is like a festival of life, because, it includes within it, many shows, theatrical performances and musical sounds of the soul'. 'The best profession that a person can exercise is the one he (or she) knows very well, after the necessary learning and study'. 'There is only one good thing, right knowledge, and one bad thing, not knowing (Greek 'amatheia')'. 'Education comprises

the festive activities of the soul, as it includes many games, events and activities that support and improve our souls'.
Epictetus: 'We are not to give credit to the many, who say that none ought to be educated but the free; but rather to the philosophers, who say that the well-educated alone are free'. 'If you would be well spoken of, learn to be well-spoken; and having learnt to be well- spoken, strive also to be well-doing; so shall you succeed in being well spoken of'.
Epicurus: 'Skillful pilots gain their reputation from storms and tempest'.
Isocrates: 'The root of education is bitter, but the fruits are sweet.'

Chapter 3: Faith Pearls

Chapter summary: This chapter contains over 40 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of faith and its manifestations.

1. Introduction

FAITH is manifested in various ways, such as**:** Trust in others; Belief in a higher power; Being persuaded of something. '*Pistis*', the Greek word for faith denotes intellectual and emotional acceptance of a proposition. *Pistis*, in Greek mythology, was the personification of good faith, trust and reliability. She is mentioned together with such other personifications as *Elpis* (Hope), *Sophrosyne* (Prudence), and the *Charites*, who were all associated with honesty and harmony among people.
FAITH, as a Principle, in its broadest sense in today's socio-economic environment, is also a comprehensive sociological term used to refer to the numerous aspects of religiosity, such as: religious activity or behavior, devoutness, dedication and belief in God or Supreme Being and nature. Faith in every-day personal life and business operations has to do with the quality of commitment, being ethical and religious, worship, religious and moral behavior, devoutness, beliefs, believing in the existence of God, praying, meditation, living in agreement with nature, Divine Providence, hope and Divine Punishment

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to faith and its manifestations of ancient Greek noted thinkers are detailed next.

2.1. Praying

The following **prayer** is attributed to Socrates:
'Beloved Pan and you other Gods,
Those we adore in this land,
Make me beautiful internally in my soul.
Make the material things I have,
Harmonious with my ideas.
To think wealthy only the wise man,
To have and hold so much property,
As can be acquired and tolerated by a reasonable man'.

2.2. Meditation

Here's what **Empedocles** had to say about the journey within (in other word about meditation):
'*You must plunge beneath your crowded thoughts and calmly contemplate the higher realities with pure, focused attention.*
If you do this, a state of inspired serenity will remain with you throughout your life, shaping your character and benefiting you in so many ways.
But if you direct your attention instead to the trivial things most people obsess about, the silly nonsense that dulls their minds, you'll just acquire more objects which you'll only lose anyway'.

Heraclitus: 'I sought and investigated myself'. 'You could not discover the limits of soul, even if you traveled by every path in order to do so; such is the depth of its meaning'.

2.3. Principles of Living of the Cynics

The **fundamental principles of the Cynics**, like Diogenes, etc., in summary are:
Principle 1: The goal of life is happiness, i.e. living in agreement with Nature.

Principle 2: Happiness depends on being self-sufficient, and a master of mental attitude.
Principle 3: Self-sufficiency is achieved by living a life of Virtue.
Principle 4: The road to Virtue is to free oneself from any influence such as wealth, fame, or power, which have no value in Nature.
Principle 5: Suffering is caused by false judgments of value, which cause negative emotions and a vicious character.

2.4. Quotations related to God

Seven Sages: 'Follow God'. 'Worship God'. 'Do have relationships with Gods'. 'You should state that Gods exist'.
Aesop: 'As God helps the just people, so he (God) is set against the unjust people'.

Archilochos: 'Oh God, You certainly rule in the sky. You oversee the acts of people, both criminal and just'.
Aristotle: 'Nature has not created any slaves as God has let all humans free'.
Diogenes Laertius: 'God humbles the arrogant and elevates the humble'.
Epicurus: 'The gods function mainly as ethical ideals, whose lives we can strive to emulate, but whose wrath we need not fear'.
Heraclitus: 'Human laws are the creation of Divine Law, as it (the Divine Law) is superior to all other laws and it is applicable to all people the same way', and 'The wisest man, when compared to God, will be proved to be a monkey in all things, such as wisdom, beauty, etc.'.
Hesiod: 'For the gods keep hidden from men the means of life. Else you would easily do work enough in a day to supply you for a full year even without working; soon would you put away your rudder over the smoke, and the fields worked by ox and sturdy mule would run to waste'.
Homer: 'Gods know everything very well'.
Menander: 'Nobody can escape God's attention, when they design evil acts'.
Pindar: 'What is God? It is everything'.

Plato: ‘Goods are of two kinds, Divine and human. And the human depend upon the Divine’, and ‘Divinity is beauty, wisdom, goodness and everything that is the same with these’.
Pythagoras: ‘Golden Verse 1. First worship the Immortal Gods, as they are established and ordained by the Law.’ ‘Golden Verse 48. But never begin to set your hand to any work, until you have first prayed to the gods to accomplish what you are going to begin’. ‘Enigma 28: Adore the gods, but sacrifice barefoot’, meaning that you should dismiss all thoughts of the affairs of your world when you worship God.
Xenophon: ‘God is so great and his power so vast that, at the same time, he sees everything, listens to everything, is present in all situations, and takes care of everything’.

2.5. Quotations related to Divine Providence

Seven Sages: ‘Thank Gods for whatever good comes your way, not yourself’. ‘Honor divine providence’.

2.6. Quotations related to Divine Temples

Seven Sages: ‘Do not use an oath’. ‘Respect those who have taken refuge in holy temples’. ‘Admire the oracular responses (i.e. the responses of the holy men or women to questions put to them by anyone visiting their temples)’.

2.7. Quotations related to Divine Punishment

Seven Sages: ‘Don’t blame someone who is being unfortunate, as these are things that provoke the anger and punishment by Gods’.

2.8. Quotations related to Praying

Seven Sages: ‘Pray for happiness’. ‘Pray to fortune’.
Euripides: ‘We pray to Gods because their powers are great’.

2.9. Quotations related to Hope

Seven Sages: ‘Look towards the future’. ‘Sing to hope’. ‘Be kind to fortune’. ‘Pray for happiness’. ‘Pray to fortune’. ‘Take care to carry out your affairs without losing your courage’.
Aristotle: ‘The coward, then, is a despairing sort of person; for he fears everything. The brave man, on the other hand, has the opposite disposition; for confidence is the mark of a hopeful disposition’.
Epictetus: ‘We should not moor a ship with one anchor or our life with one hope’.
Pythagoras: ‘Holding fast to these things, you will know the worlds of gods and mortals which permeate and govern everything. And you will know, as is right, nature similar in all respects, so that you will neither entertain unreasonable hopes nor be neglectful of anything’.
Thales: ’Hope is the only good that is common to all men; those who have nothing else possess hope still’.

2.10. A Fable by Aesop on God: ‘The Travelers and the Plane-Tree’

‘Two Travelers, worn out by the heat of the summer's sun, laid themselves down at noon under the wide spreading branches of a Plane-Tree. As they rested under its shade, one of the Travelers said to the other, "What a singularly useless tree is the Plane! It bears no fruit, and is not of the least service to man." The Plane-Tree, interrupting him, said, "You ungrateful fellows! Do you, while receiving benefits from me and resting under my shade, dare to describe me as useless, and unprofitable?'

The meaning of this story is that some men underrate their best blessings and do not feel grateful for anything given to them by God.

Chapter 4: Justice Pearls

Chapter summary: This chapter contains over 90 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of justice and its manifestations.

1. Introduction

JUSTICE, as a Principle, in its broadest context, includes both the attainment of that which is just and the philosophical discussion of that which is just. It denotes ethical correctness and fairness. In his dialogue 'Republic', Plato uses Socrates to argue for justice that covers both the just person and the just City-State. Justice, according to Socrates, is a proper, harmonious relationship between the warring parts of the person or city. In ancient Greek culture, '*Dike*' ('justice') was the goddess of justice and the spirit of moral order and fair judgement based on immemorial custom, in the sense of socially enforced rules, standards and norms.

JUSTICE, as a Principle, in every-day personal life and business operations has to do with the law, wealth, application of justice, public office, governance, political system of governing and protection of homeland, family and business.

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to justice and its manifestations of ancient Greek noted thinkers are detailed next.

2.1. Quotations related to Law

Seven Sages: ‘Obey the law’. ‘Your laws should be old, your dinners fresh’.
Aristotle: ‘Laws govern and should be above all other rules’. ‘There is a law which is superior to all written laws and this is the law of morality’.
Dimosthenis: ‘The soul of every state is its laws. And as every human body dies when its soul is lost, so the state dies when its citizens do not comply with nor respect its laws’. ‘No government can maintain itself if it is based on injustice, betrayal and perjury’.
Epicurus: ‘Among the things held to be just by law, whatever is proved to be of advantage in men's dealings has the stamp of justice, whether or not it be the same for all; but if a man makes a law and it does not prove to be mutually advantageous, then this is no longer just. And if what is mutually advantageous varies and only for a time corresponds to our concept of justice, nevertheless for that time it is just for those who do not trouble themselves about empty words, but look simply at the facts’.
Heraclitus: ‘Men should speak with rational mind and thereby hold strongly to that which is shared in common ---- as a city holds on to its law, and even more strongly. For all human laws are nourished by the one divine law, which prevails as far as it wishes, suffices for all things, and yet is something more than they are’. ‘The people should fight for their law as for their city wall’. ‘Law involves obeying the counsel of one’.
Lysias: ‘Animals rule over each other by the use of their strength while people must use laws to define what is right’.
Pindar: ‘Law is the king of all, both mortal and immortal’.
Xenophon: ‘A country becomes happy and strong when its people live according to its laws’.

2.2. Quotations related to Wealth

Seven Sages: ‘Acquire wealth in a just way’.
Menander: ‘Just men never acquire riches’.
Plato: ‘I am indifferent to the honors bestowed by people, as I am only concerned with truth’; ‘It is a shame to concern yourself with more glory, money and honors while you ignore truth, wisdom and perfection of your soul’;

Socrates: ‘The shortest and surest way to live with honor in the world, is to be in reality what we would appear to be; and if we observe, we shall find, that all human virtues increase and strengthen themselves by the practice of them’. ‘True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us’.

2.3. Quotations related to Justice

Seven Sages: ‘Be overcome by justice’. ‘Practice what is just’. ‘Judge according to divine law’. ‘Gain possessions justly’. ‘Know the person who judges’. ‘Judge in a just way’. ‘Judge without accepting gifts’. ‘Hate injustice’. ‘Do not take the position of a judge, as in this case you will be hated by the condemned’. ‘You should not only punish those who commit wrong but also obstruct those who are going to commit wrong’.
Aesop: ‘As God helps the just people, so he (God) is set against the unjust people’.
Antiphanes: ‘You feel great satisfaction in your soul when you know that you have never acted with injustice to anyone in your life’.
Antiphon: ‘It is preferable to free a guilty man, even if it is done in error, rather than destroy an innocent person. The first one is a mistake while to destroy someone unjustifiably is disrespect’.
Antisthenes: ‘In order for men to become immortal they should live on the basis of respect and justice’. ‘Men should live with respect and justice so that they become immortal for others to remember and follow’.
Aristotle: ‘Justice is a virtue of the soul that distributes to everyone what he (or she) deserves’.
Democritus: ‘It is impossible for a person to be just when he (or she) is ruled by money’.
Epicurus: ‘The just man is most free from disturbance, while the unjust is full of the utmost disturbance’. ‘Natural justice is a pledge of reciprocal benefit, to prevent one man from harming or being harmed by another’. ‘Those animals which are incapable of making binding agreements with one another not to inflict nor suffer harm are without either justice or injustice; and likewise for

those peoples who either could not or would not form binding agreements not to inflict nor suffer harm'. 'There never was such a thing as absolute justice, but only agreements made in mutual dealings among men in whatever places at various times providing against the infliction or suffering of harm'. 'Injustice is not an evil in itself, but only in consequence of the fear which is associated with the apprehension of being discovered by those appointed to punish such actions'. 'In general justice is the same for all, for it is something found mutually beneficial in men's dealings, but in its application to particular places or other circumstances the same thing is not necessarily just for everyone'.

Heraclitus: 'Justice will overtake fabricators of lies and false witnesses'.

Hesiod: 'Justice has greater power than arrogance'.

Menander: 'Do not make a judgment before you hear the arguments of both parties'. 'The fruit of a just man never gets lost'. 'Justice is more powerful than laws'. 'Be just to both friends and enemies'.

Orpheus: 'Oh! Justice, you always hate over-abundance (pleonexia in ancient Greek) while you enjoy equality'.

Phokylides: 'Never allow uneducated men to judge'. 'Do not pass judgement on anyone, unless you hear the arguments on both sides'.

Pindar: 'I am ashamed to say something important without having double-checked if it is just or unjust'.

Plato: 'An honorable man is one who will not do injustices himself and will not allow bad people to commit injustices too'. 'The person that wants to be best should not love more himself, nor his own things, but all just things'. 'The best way of living is to exercise justice and the other virtues'. 'Justice is virtue and wisdom, while injustice is bad and is equated to non-learning'.

Pythagoras: 'The first fundamental basis of all Justice is Equality: wherefore all things should be common; the next basis of Justice is sociability: association with one's fellows; and the next basis of Justice is Prudence and Providence'. 'Government can be firmly effected if the rulers are equal in all things to the citizens, and surpass them in nothing else than justice'. 'Golden Verse 13. In the next place, observe justice in thy actions and in thy words'.

‘Golden Verse 27: Consult and deliberate before you act, that you may not commit foolish actions’. ‘Enigma 67: Always have salt in your table, meaning that you should always use the principle of justice to settle problems’.

2.4. Quotations related to Public Office

Seven Sages: ‘Be interested in public affairs’. ‘To your co-citizens always advise the best’.
Epicurus: ‘In order to obtain protection from other men, any means for attaining this end is a natural good’.
Isocrates: ‘When you hold public office and your term expires, you should leave not richer but with a good reputation’.
Thucidides: ‘In a democracy, all people have the same rights according to the law as regards their private differences. As regards public office, however, all people should hold positions in accordance to their abilities and esteem and not according to their social status or social class they belong to’.

2.5. Quotations related to Attitude on Governance

Seven Sages: ‘Do not be insolent towards your co-citizens’. ‘Fear rulers (and ruling)’. ‘Do not use insolence to govern’.
Aristophanes: ‘The person that steers a ship must first learn to manage its oars’.
Euripides: ‘The leaders of our country must not be those men that are rich but those men that are reasonable’.
Homer: ‘No governor of a country should be indifferent when its people have entrusted their country to him (or her)’.

2.6. Quotations related to Duties of Governance

Seven Sages: ‘Only when you learn how to be governed, you will know how to govern’. ‘Do not govern with arrogance’. ‘When you rule as a chief, you should adorn yourself’. ‘Take with persuasion, not with violence’. ‘Advise only the best to your c-citizens’.
Dimocritus: ‘The worst misfortune you can get to know is when your country is governed by men without any value’.

Dimosthenis: ‘No government can maintain itself if it is based on injustice, betrayal and perjury’.

2.7. Quotations related to Political System of Governing

Seven Sages: ‘Democracy is better than the power of a tyrant’.
Aeschylus: ‘People should not allow anarchy, or the tyranny of a dictator. They should be able to govern their own country’. ‘I advise citizens that uphold the law never to accept tyranny or anarchy’. ‘Neither a life of anarchy nor one beneath a despot should you praise; to all that lies in the middle a god has given excellence’.
Aesop: ‘Even the worst government is better than anarchy’.
Sophocles: ‘There is no worse thing than anarchy. It destroys cities (states) and demolishes houses and annihilates allies during war’.

2.8. Quotations related to Protection of Homeland

Seven Sages: ‘Consider as your enemy the enemy of the people’. ‘Die for your mother country (or fatherland or homeland)’.
Dimosthenis: ‘No sacrifices, no dangers and no efforts are so important when we fight for the good of our mother country’
Euripides: ‘The brave men that fell on the battle-field fighting for their country, no matter where they are buried, are considered as being buried in their own country’
Herodotus: ‘We should fight with all our powers against all those that threaten our freedom and our country’.
Homer: ‘One of the sweetest things that exist is our mother country’.

2.9. A Fable by Aesop on Justice: The Philosopher, the Ants, and Mercury

A Philosopher witnessed from the shore the shipwreck of a vessel, of which the crew and passengers were all drowned. He inveighed against the injustice of Providence, which would for the sake of one criminal perchance sailing in the ship allow so many innocent persons to perish. As he was indulging in these reflections, he

found himself surrounded by a whole army of Ants, near whose nest he was standing. One of them climbed up and stung him, and he immediately trampled them all to death with his foot. Mercury presented himself, and striking the Philosopher with his wand, said: ‘And are you indeed to make yourself a judge of the dealings of Providence, who has yourself in a similar manner treated these poor Ants?'

The meaning of this story is that every man should not only judge others but practice justice himself.

Chapter 5: Harmony Pearls

Chapter summary: This chapter contains over 150 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of harmony and its manifestations.

1. Introduction

HARMONY, as a Principle, in its broadest context, is defined as the agreement in action, opinion, feeling or sounds in a social setting. The term harmony derives from the Greek '*harmonía*', meaning 'joint, agreement, concord', from the verb '*harmozo*', 'to fit together, to join'.
To the ancient Greek mentality harmony was an attribute of beauty. The ancient Greeks believed there to be three 'ingredients' to beauty: symmetry, proportion, and harmony. This triad of principles infused their life. They were very much attuned to beauty as an object of love and something that was to be imitated and reproduced in their lives, architecture, education and politics. They judged life by this mentality. They used the concept of developing good habits to make a good human being by practicing the use of The Golden Mean (the desirable middle between two extremes, one of excess and the other of deficiency). This allowed them live a healthy, happy life. Harmonia (harmony) was the goddess of harmony and concord.

HARMONY, as a Principle, in every-day personal life and business operations defines how to live in harmony. To live in harmony requires that we be conscious of the hopes and needs that surround us and flexible in our own course of action. In a harmonious relationship each party at times sets aside his or her own desires to nurture the relationship itself. We can be in harmony with others only when we are in harmony with ourselves--living true to our deepest sense of what is real and what matters.

Harmony in every-day personal life and business operations has to do with the aspects of living in tranquility, peace and war, wisdom, associating with others, enhancing inter-personal relationships, treating others, education, learning, knowledge, health, pleasure and giving advice.

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to justice and its manifestations of ancient Greek noted thinkers are detailed next.

2.1. Quotations related to Harmony

Seven Sages: 'Pursue harmony'.
Aristotle: 'Harmony is a blend or composition of contraries'. 'And happiness is thought to depend on leisure; for we are busy that we may have leisure, and make war that we may live in peace'. **'**Hate has no place in polite hearts'. 'The logical man thinks, the wise man doubts and the man who does not know anything is always certain';
Heraclitus: 'Opposition brings concord. Out of discord comes the fairest harmony'. 'Everything flows and nothing abides;. Everything gives way and nothing stays fixed'. 'Opposition brings concord. Out of discord comes the fairest harmony'. 'It is by disease that health is pleasant, by evil that good is pleasant, by hunger satiety, by weariness rest'. 'The hidden harmony is better than the obvious'. 'People do not understand how that which is at variance with itself agrees with itself. There is a harmony in the bending back, as in the cases of the bow and the lyre.
Empedocles: Harmony
'*You must plunge beneath your crowded thoughts and calmly contemplate the higher realities with pure, focused attention.*
If you do this, a state of inspired serenity will remain with you throughout your life, shaping your character and benefiting you in so many ways.
But if you direct your attention instead to the trivial things most people obsess about, the silly nonsense that dulls their minds, you'll just acquire more objects which you'll only lose anyway'.

Epictetus: ‘And how do things happen? As the disposer has disposed them? And he has appointed summer and winter, and abundance and scarcity, and virtue and vice, and all such opposites for the harmony of the whole; and to each of us he has given a body, and parts of the body, and possessions, and companions’.
Plato: ‘Beauty of style and harmony and grace and good rhythm depend on simplicity – I mean the true simplicity of a rightly and nobly ordered mind and character, not that other simplicity which is only a euphemism for folly’.
Pythagoras: ‘Enigma 70: Never sing without harp accompaniment, meaning that you should make the harmony of life full and complete’. ‘It is through the principle of Harmony that men have Health and Well-Being’.
Socrates: The following **prayer** is attributed to Socrates (translated into English from Greek by the author).
‘Beloved Pan and you other Gods,
Those we adore in this land,
Make me beautiful internally in my soul.
Make the material things I have,
Harmonious with my ideas.
To think wealthy only the wise man,
To have and hold so much property,
As can be acquired and tolerated by a reasonable man’.

2.2. Quotations related to Tranquility

Epicurus: ‘A blessed and indestructible being has no trouble himself and brings no trouble upon any other being; so he is free from anger and partiality, for all such things imply weakness’.
‘Death is nothing to us; for that which has been dissolved into its elements experiences no sensations, and that which has no sensation is nothing to us. The magnitude of pleasure reaches its limit in the removal of all pain. When such pleasure is present, so long as it is uninterrupted, there is no pain either of body or of mind or of both together. Continuous bodily pain does not last long; instead, pain, if extreme, is present a very short time, and even that degree of pain which slightly exceeds bodily pleasure does not last for many days at once. Diseases of long duration

allow an excess of bodily pleasure over pain. The flesh receives as unlimited the limits of pleasure; and to provide it requires unlimited time. But the mind, intellectually grasping what the end and limit of the flesh is, and banishing the terrors of the future, procures a complete and perfect life, and we have no longer any need of unlimited time. Nevertheless the mind does not shun pleasure, and even when circumstances make death imminent, the mind does not lack enjoyment of the best life. He who understands the limits of life knows that it is easy to obtain that which removes the pain of want and makes the whole of life complete and perfect. Thus he has no longer any need of things which involve struggle'.
Epictetus: 'Now if virtue promises good fortune and tranquility and happiness, certainly also the progress toward virtue is progress toward each of these things. For it is always true that to whatever point the perfecting of anything leads us, progress is an approach toward this point'. 'What is the product of virtue? Tranquility'. 'Things themselves are indifferent; but the use of them is not indifferent. How then shall a man preserve firmness and tranquility, and at the same time be careful and neither rash nor negligent? If he imitates those who play with the dice. The counters are indifferent; the dice are indifferent. How do I know what the cast will be? But to use carefully and dexterously the cast of the dice, this is my business. Thus in life also the chief business is this: distinguish and separate things, and say, "Externals are not in my power: will is in my power. Where shall I seek the good and the bad? Within, in the things which are my own."

2.3. Quotations related to Peace and War

Seven Sages: 'Do not behave in a violent way'. 'Pursue harmonic co-existence'. 'Do away with enmities'. 'Your words should be words of kindness and respect'. 'Flee enmity'. 'Do not oppose somebody absent'. 'Never do anything with violence'. 'Destroy enmities'.
Democritus: 'The person who hates others must first feel sorry for himself'. '
Euripides: 'My peace is very rich and more beautiful than the ever-happy Gods'.
Herodotus: 'Nobody is so silly as to prefer war than peace'.

Pindar: ‘War is dear to those who do not know of it. To those who have tried it, they shake in front of his coming’.

2.4. Quotations related to Wisdom

Seven Sages: ‘Seek wisdom’. ‘Praise virtue’. ‘Exercise nobility of character’. ‘Associate with the wise’. ‘Do not accept thoughtlessness’. ‘Love practical wisdom’.
Antisthenes: ‘A wise man is he who can have a meaningful conversation with himself’.
Democritus: ‘A wise father is the best example for his children’. ‘You need great strength and wisdom to be able to think logically and bypass your misfortunes’.
Dimosthenis: ‘The most difficult thing for those people that want to be just is to be liked by everyone’.
Euripides: ‘A wise man looks silly to a man who has no knowledge of anything’.
Socrates: ‘True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us’.

2.5. Quotations related to Association with Others

Seven Sages: ‘Do not slander your neighbors, for you are likely to hear things which make you unhappy’. ‘Show tolerance to small damages inflicted upon you by your neighbors’. ‘Be accommodated to all’. ‘Praise everyone’. ‘Fear deceit’. ‘Test the character of a person’. ‘Give back what you have received’. ‘Do not suspect anyone’. ‘Be jealous of no one’. ‘Associate with your peers’. ‘Observe what you have heard’. ‘Be always respectful’. ‘Do not laugh aloud when a man mocks others, because you will draw upon yourself the hate of those who are been mocked’. ‘Do not try to overpass people on the road nor make all kinds of hand gestures, this is done by the crazy people’.
Socrates: ‘The shortest and surest way to live with honor in the world, is to be in reality what we would appear to be; and if we observe, we shall find, that all human virtues increase and strengthen themselves by the practice of them’.

2.6. Quotations related to Enhancing Inter-Personal Relationships

Seven Sages: ‘Sympathize with the unfortunate’. ‘Take your time during the dinners of your friends, while be quick in their misfortunes’. ‘Help your friends’. ‘Love friendship’. ‘Associate with everyone’. ‘Do not accuse the man who is unlucky, as it angers gods and brings punishment to you’. ‘Be calm towards vicious men so that they are ashamed of you rather than be afraid of you’. ‘Be the same with your friends, both in their happy and in their unhappy moments’. ‘Test the character of the person’. ‘Associate with people who are similar to you’. ‘Maintain your friendships’. ‘You should love those you feed’. ‘Do favors without harming anyone’.

2.7. Quotations related to Treating Others

Epictetus: ‘What you avoid suffering yourself seek not to impose on others’.
Epicurus: ‘It is impossible to live a pleasant life without living wisely and well and justly (agreeing 'neither to harm nor be harmed'), and it is impossible to live wisely and well and justly without living a pleasant life’.
Isocrates: ‘Do not do to others what would anger you if done to you by others’.
Pittacus: ‘Do not to your neighbor what you would take ill from him’.
Socrates: ‘It has been shown that to injure anyone is never just anywhere’.
Thales: ‘Avoid doing what you would blame others for doing’.

2.8. Quotations related to Education and Learning

Seven Sages: ‘Concentrate on education’. ‘Acquire what is not destroyed by time: piety, education, prudence, thoughtful mind, truth, belief, expense, skills and dexterities, co-operation, care, effective management, professional knowledge’.
Aeschylus: ‘All people must strive for education’.

Aristotle: 'Now each man judges well the things he knows, and of these he is a good judge. And so the man who has been educated in a subject is a good judge of that subject, and the man who has received an all-round education is a good judge in general'. 'And the things that tend to produce virtue taken as a whole are those of the acts prescribed by the law which have been prescribed with a view to education for the common good'. 'All men are by nature prone to learning'. 'The roots of education are bitter but its fruit sweet'. 'Right education and ethics create a good person'. 'All human beings have a desire to learn by their nature'. 'Exactly as gymnastics strengthens the body and gives it a certain quality, so does music, as it forms ethos (morality) and gives it a certain quality, enabling us to feel gentle enjoyment as a habit'.
Dimocritus: 'Education is man's decoration in his happy moments and a safe shelter in his difficult ones'.
Dimosthenis: 'Every person can become better when he (or she) is given the right education'.
Epictetus: 'We are not to give credit to the many, who say that none ought to be educated but the free; but rather to the philosophers, who say that the well-educated alone are free'. 'If you would be well spoken of, learn to be well-spoken; and having learnt to be well- spoken, strive also to be well-doing; so shall you succeed in being well spoken of'.
Epicurus: 'Skillful pilots gain their reputation from storms and tempest'.
Heraclitus: 'Spiritual education is a second sun for those who have it'.
Hesiod: 'Study will give you the best result in each task you undertake'.
Isocrates: 'The root of education is bitter, but the fruits are sweet.'
Menander: 'Education is the most beautiful thing a man can have'. 'Learning is worthless if it is not accompanied by reasoning'.
Plato: 'As our eyes are of great value and of immense use to our bodies, so is knowledge for our soul'. 'The best guard of people's freedom is their education and not an army'. 'Right education has a therapeutic impact to our souls'. 'The power of education can tame all people and make them more useful'. 'Musical education is most important, as rhythm and harmony descend to the bottom of the

soul (psyche) and impact it with great force, bringing with it beauty'. 'When everyone is singing slowly and is very happy with music during his life, even if he was angry initially, softens as fire softens iron'. 'Right upbringing is the basis of education'. 'You can teach children better by using the method of playing games rather than by force'. 'Correct education is one therapeutic way for our soul'.

Pythagoras: 'Educated people can understand double the things of the not educated '. 'An educated person is not someone who might have knowledge about many things, but the one who has eliminated his passions'. 'Learning, knowledge and wisdom, are the three divisions of instruction. Learning is shallow, and consists of those things we memorize and are told. Knowledge is substantial, and consists of those things we know, and not merely the things we assume to believe. Knowledge is power: for weal or woe'. 'All knowledge is belief but not all belief is knowledge'. 'He who seeks to know must first learn to imagine and deliberate'. 'Superficial learning is unsound'. 'In science, we learn and judge not by any single hasty glance, but by the thorough examination of every detail'. 'There are eight organs of knowledge: Sense, imagination, art, opinion, prudence, science, wisdom and mind'. 'Memory guards the things that we have learned'. 'Enigma 30: It is a crime to throw stones into fountains', meaning that you should not stop the flow of knowledge.

Socrates: 'Education is like a festival of life, because, it includes within it, many shows, theatrical performances and musical sounds of the soul'. 'The best profession that a person can exercise is the one he (or she) knows very well, after the necessary learning and study'. 'There is only one good thing, right knowledge, and one bad thing, not knowing (Greek 'amatheia')'. 'Education comprises the festive activities of the soul, as it includes many games, events and activities that support and improve our souls'.

Plutarch: 'Education is not only a component of happiness and good will, but also useful to the whole mankind'. 'Right education is the source and root of virtue'.

2.9. Quotations related to Knowledge

Seven Sages: 'Base your knowledge on learning'. 'Understand after you have heard what has occurred'. 'Be a seeker of wisdom'. 'It is best to know many things than to be ignorant'. 'Ignorance is a painful thing'. 'It is difficult to foresee the future'. 'What has already happened is the only certain thing'. 'Understand what has been achieved'.
Antisthenis: 'Getting more knowledge during our life should not be our only purpose, but a means to improve our future'.
Plutarch: 'People can find happiness through knowledge and education'.

2.10. Quotations related to Learning and Training

Seven Sages: 'Exercise knowledge and skills in profession, trade or science'. 'Do not get tired of learning'. 'Exercising is the best thing'.
Aeschylus: 'You should become wiser and learn, even in your old age'.
Gorgias: 'Hardly any human being is capable of pursuing two professions or two arts rightly'.
Heraclitus: 'Wider learning does not necessarily give you more intelligence'.
Sophocles: 'It is no shame, even if you wise, to learn more'.

2.11. Quotations related to Education of Children

Seven Sages: 'Educate your sons'. 'Teach the young'. 'Educate your children'. 'Teach and learn the best'.

2.12. Quotations related to Giving Advice

Seven Sages: 'Speak (only) when you know'. 'Your advice should not be for the pleasurable, but for the best (or noblest)'.

2.13. Quotations related to Health

Seven Sages: 'Avoid pleasure and joy that creates pain (physical or psychic)'.

Hippocrates: ‘Food, alcohol, sleep, sexual intercourse: all with moderation’. ‘Diets that reduce your strength to the last limit are damaging to you as is overfeeding yourself to the last limit’.
Isocrates: ‘Exercise physically, not to become strong, but to remain healthy; and you will succeed in this by stopping the exercises while you still have your strength’.
Menander: ‘Health is the most valuable good’. ‘Health and sound mind are two valuable goods’.
Pythagoras: ‘You must not be careless with your bodily health, but you should use moderation in taking food, drinking alcohol and physical exercises; and I mean by moderation that which will not worry you’;

2.14. Quotations related to Pleasures

Seven Sages: ‘Live without sorrow’. ‘Mischievous pleasures are mortal, while virtues are immortal’. ‘If one is to live in a thrifty manner, it is best to die rather than live in need’. ‘Do not be a naive benevolent man, not a malicious man’.
Plato: ‘Some pleasures are good while other pleasures are bad. Good pleasures are beneficial, bad pleasures are damaging. The purpose of all our actions must be to do good and always to act in such a way as to promote it’.

2.15. A Fable by Aesop on Harmony: The Shipwrecked Man and the Sea

‘A shipwrecked man, having been cast upon a certain shore, slept after his buffetings with the deep. After a while he awoke, and looking upon the Sea, loaded it with reproaches. He argued that it enticed men with the calmness of its looks, but when it had induced them to plow its waters, it grew rough and destroyed them. The Sea, assuming the form of a woman, replied to him: "Blame not me, my good sir, but the winds, for I am by my own nature as calm and firm even as this earth; but the winds suddenly falling on me create these waves, and lash me into fury’.

Harmony includes opposites.

Chapter 6: Friendship Pearls

Chapter summary: This chapter contains over 110 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of friendship and its manifestations.

1. Introduction

FRIENDSHIP, as a Principle, in its broadest context, defines how people relate to each other, feel equal to them in most standards, but still respect each other irrespective of their attributes or shortcomings.

Friendship was pivotal in the life of ancient Greeks and no one could attain happiness and tranquility without it. According to the ancient Greeks 'friendship' ('*filotis*'), was more important than money, property, wealth and other material values. They greeted each other by 'Oh Filotis', meaning 'Hi my friend'.

Ancient Greeks did a lot of activities with their friends: Wrestling and gymnastics to keep up fitness as well as athletics including boxing, discus, running, javelin, and long jump.

Other activities included knucklebones, playing music, and spending time talking with friends and telling stories, playing board games, playing with bow and arrows, or sling shots, swimming, having dinner parties (symposia) and going to public gymnasiums.

Epicurus considered friendship a matter of the most crucial importance. Everybody, including women and slaves attended his teachings at his school, called 'The Garden'. He claimed that friendship, more than anything else, contributed to the good and pleasant life as it is the cohesive force that makes society and human cohabitation and coexistence possible at all.

Plato describes love as an affectionate attachment with the intellect of an opposite sex with no intentions of physical romance or sexual pleasures. This Platonic form of love is nurtured only by affection with the eternal spirit and not by the physical bodies, for

example loving one's heart, soul, and mind more than his or her physical appearance. In short, with genuine platonic love, the beautiful or lovely other person inspires the mind and the soul and directs one's attention to spiritual things.
Friendship was also more than evident in names as well. There were several such names (over 35) that had the prefix of 'phil', denoting friendship (e.g. Phillip=lover of horses, Philomila=friend of harmony, Philiston, Philoklis, etc.) and which were given to the children of Ancient Greeks by their parents. **Philotes** (or Filotis) was the semi-goddess (spirit) of friendship and affection.

FRIENDSHIP, as a Principle, in every-day personal life and business operations has to do with the aspects of living in relation to social interactions, practicing friendship, supporting friends, handling enemies, love, mercy and errors, forgiveness, happiness, education, knowledge and learning.

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to justice and its manifestations of ancient Greek noted thinkers are detailed next.

2.1. Quotations related to Social Interactions

Seven Sages: 'Interact with everyone'. 'Behave always with courtesy'. 'Become interested in public affairs'. 'Listen to everything. 'Hate violent and abusive behavior. 'Praise all people'. 'Socialize with wise people'. 'Do not suspect anyone'.
'Do not hate anyone'. 'Treat others with gentleness'.
'Behave with courtesy to all'. 'Speak with a friendly and courteous manner'. 'Do not to reveal secrets'.
Epictetus: 'The key is to keep company only with people who uplift you, whose presence calls forth your best'.

2.2. Quotations related to Friendship

Seven Sages: ‘Act as if you are a stranger’. ‘Help your friends’. ‘Guard friendship’. ‘Do not acquire friends quickly. When, however, you acquire them, do not reject them quickly’. ‘Respect your friends’. ‘Take your time during the dinners of your friends, while be quick during their unfortunate events’.
Aeschylus: ‘Few men have the natural strength to honour a friend's success without envy’.
Aristotle: ‘A true friend is one soul in two bodies’. ‘He who has many friends, has no friends at all’. ‘Friendship is the basic substance of a good life’.
Diogenes: ‘A friend is one soul abiding in two bodies’.
Epicurus: ‘The largest of the goods that wisdom creates for a happy life is friendship’. ‘Friendship is the only capable condition for maintaining peace in life’. ‘Every friendship is a virtue by itself. Its beginning, however, is based on good actions’. ‘We should not accept hasty or lazy friends, even thought we should, because of friendship, risk them both, in order to attain it’. ‘Friendship moves the whole universe declaring to all people to get up and associate with each other with the best intentions’. ‘We participate in the misfortunes of our friends not with grief but with actions’.
Plato: ‘Equality creates friendship’. ‘All of us were not born only for ourselves. One of our parts belongs to our parents, one to our friends and one to our country’. ‘Friendship, freedom, justice, wisdom, courage and moderation are the key values that define a good society’. ‘The happiest people are those people who do not need anyone’.
Pythagoras: ‘A friend is an alter ego, your other self; he must be honored as God’. ‘Golden Verse 7. Avoid hating your friend for a slight fault’. ‘Unless full faith and confidence exists there is no real Friendship’. ‘A constant Friend is a rare thing and hard to find: Therefore friends are few’. ‘A Friend is more necessary than fire and water’. ‘Give no man your perfect confidence until you have proved him worthy’. ‘Friendship is refuge in time of trouble’. ‘Enigma 8: Never break the bread, meaning that you should never undermine friendship, as friends get together around a loaf of bread to enjoy their friendship’. ‘Enigma 31: Do not give everyone

your right hand, meaning that you should not be too ready to form a friendship'.
Socrates: 'Be slow to fall into friendship; but when you are in it, continue firm and constant'. 'What worries you my friend? Give me a part of your troubles so that I can take some of the load off you'. 'In true friendship there is no difference between giving and receiving'. 'There is no other more valuable possession than a good and loyal friend'.

Theopompus (King of Sparta, 8th century BC): When asked of the best way to guard his reign: 'If the king (himself) allowed his friends to express themselves freely and was not indifferent in case his people (in Sparta) were treated unjustly, and did not do his best to protect them'.
Xenophon: 'The best possession one can have is an honest and good friend'.

2.3. Quotations related to Support of friends

Seven Sages: 'Remember your friends, both, when they are near you, as well as when they are far away'. 'Listen to your friends'. 'Treat your friends the same way, and in their good times, and in their misfortunes'. 'Abuse the other person on the basis that you will quickly become his (or her) friend'. 'Do not accuse anyone'. 'Accuse someone (only) when he/she is present'.
Democritus: 'Do not trust all men, but trust men of worth; the former course is silly, the latter a mark of prudence'.
Euripides: 'One loyal friend is worth ten thousand relatives'.
Homer: 'One loyal friend is nothing less than a good brother'.
Menander: 'Time tests friends, like fire tests gold'.
Sappho: 'If a friendship exists, it is because something inside us remains unsatisfied'.

2.4. Quotations related to Enemies

Seven Sages: 'Don't slander your friend, nor praise your enemy because such a thing is unreasonable'.

Aeschylus: ‘Our sorrow is the joy of our enemies’.
Diogenes: **‘**If you are to be kept right, you must possess either good friends or red-hot enemies. The one will warn you, the other will expose you’. ‘Other dogs bite only their enemies, whereas I bite also my friends in order to save them’.

2.5. Quotations related to Love

Seven Sages: ‘Love friendship’. ‘Be benevolent to your friends’. ‘Do favors for your friends’.
Sophocles: ‘The ultimate goal of human beings when they are born is to be friendly and not to hate’.

2.6. Quotations related to Mercy and Errors

Seven Sages: ‘Sympathize with the unlucky’. ‘Be sympathetic to the unfortunate’. ‘When you have, give freely’. ‘Give what you mean to give’. ‘Behave with a friendly and courteous manner’. ‘Fulfill a favor’.
Aeschylus: ‘Even the wisest of the wise commits errors’.
Aesop: ‘Never trust a friend who denied you while you were in grief’.
Democritus: ‘Avoid errors, not because of fear, but because want to fulfill your duty’.
Plutarch: ‘I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better’. ‘Committing sins is a human characteristic’.
Sophocles: ‘A person who tries to correct his (her) errors and is not indifferent about it, is considered a worthy one’.
Thucydides: ‘Errors that have been committed without intention should be forgiven’.

2.7. Quotations related to Forgiveness

Seven Sages: ‘Revere a sense of shame’. ‘When they are unjust to you, be willing to reconcile, when they insult you, do not seek revenge’.
Heraclitus: ‘Forgiveness is preferable to punishment’.
Pythagoras: ‘In anger we should refrain both from speech and action’.

2.8. Quotations related to Happiness

Seven Sages: ‘Pray for happiness’. ‘Be happy with what you have’. ‘When you are happy, be modest, when you are unhappy, be sensible’.
Aesop: ‘There is always a person who is more unhappy than us’.
Aristotle: ‘Unhappiness, many times, creates civil disturbances and revolutions’. ‘There is no person who is always absolutely happy’.
Democritus: ‘Our soul is the base of our happiness’. ‘Happiness to men is not the result of having money, nor strong bodies, but reason and intelligence’.
Euripides: ‘Happiness in our life does not last forever because of the existence of sorrow’.
Isocrates: ‘You should consider sincere friends those that not only feel sorry for your misfortunes, but also those that do not hate your happiness’.
Pythagoras: ‘Friends are as companions on a journey, who ought to aid each other to persevere in the road to a happier life’.
Plutarch: ‘Happiness can be found by acquiring knowledge and education’.

2.9. Quotations related to Education, Knowledge and Learning

Seven Sages: ‘Exercise knowledge and skills in profession, trade or science’. ‘Do not get tired of learning’. ‘Exercising is the best thing’. ‘Educate your sons’. ‘Teach the young’. ‘Educate your children’. ‘Teach and learn the best’. ‘Speak (only) when you know’. ‘Your advice should not be for the pleasurable, but for the best (or noblest)’.
Aeschylus: ‘You should become wiser and learn, even in your old age’.
Gorgias: ‘Hardly any human being is capable of pursuing two professions or two arts rightly’.
Heraclitus: ‘Wider learning does not necessarily give you more intelligence’.
Sophocles: ‘It is no shame, even if you wise, to learn more’.

2.10. A Fable by Aesop about Friendship: The Bear and the Two Travelers

‘Two men were traveling together, when a bear suddenly met them on their path in a forest. One of them climbed up quickly into a tree and concealed himself in the branches. The other, seeing that he must be attacked, fell flat on the ground. When the bear came up and felt him with his snout, and smelt him all over, he held his breath, and played dead as much as he could. The bear soon left him, for it is widely said and known that bears will not touch a dead body. When the bear was quite gone, the other traveler descended from the tree, and made fun with his friend, inquiring what it was the bear had whispered in his ear. ‘He gave me this advice’, his companion replied: ‘Never travel with a friend who deserts you at the approach of danger’.
The meaning of this story is: Misfortune tests the sincerity of friends.

Chapter 7: Kalokagathia Pearls

Chapter summary: This chapter contains over 120 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of kalokagathia (goodness and kindness) and its manifestations.

1. Introduction

KALOKAGATHIA, as a Principle, in its broadest context, contains both Goodness and Kindness. This is like a coin of two faces. Goodness defines the state or quality of being good. Kindness is a personal quality that enables an individual to be sensitive to the needs of others and to take personal action and do noble deeds on behalf of others to meet those needs. It also encompasses personal virtue, courtesy and moral excellence in character. It may be considered synonymous to the Greek term of 'christotes', meaning useful (from 'chrao'=use), good, honest, upright and magnanimous.

'Kalokagathia' is a word of Greek origin. It is an ideal of human upbringing, popular in ancient Greece. This meant a combination of both external and internal features, especially physical efficiency, mind and character development. It involves notions of **symmetry** important to Greeks. The word '*kalokagathia'* means the character and conduct of '*kalos kagathos'*, that is, of the perfect and just man; thus it includes kindness, uprightness, and honesty, attributes that finally lead to happiness. In classical Greek, the meaning of the word '*kalos'* is linked with the human physique rather than human character; thus, '*kalos'* has to do with the beauty, the harmony, of the body, attained through physical exercise.
The word '*agathos'* means the good and virtuous man, who is wise, brave, and just. **Kalokagathia** was the semi-goddess (spirit) of nobility and goodness. She was associated with virtue (Greek '*areti*') and excellence (Greek '*eukleia*').

Socrates believed that justice was good, and the good could only be attained through self-knowledge. Socrates argued that a universal good existed. Therefore, every man was capable of finding the good.
The Stoics (Zeno of Citium, etc.) believed that spiritual growth comes from seeking the good, that Virtue is the sole good, that Vice the sole evil, and everything else is indifferent.

KALOKAGATHIA, as a Principle, containing both Goodness and Kindness, in every-day personal life and business operations has to do with the aspects of good life, goodness, gratitude, kindness, peace and war, malice and badness, hate, anger, vice and errors.

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to '*kalokagathia*' and its manifestations of ancient Greek noted thinkers are detailed next.

2.1. Quotations related to Good Life

Seven Sages: 'Your words should be words of kindness and respect'. 'Pursue harmonic co-existence'.
Isocrates: 'Wealth is the servant of bad things rather than good things'
Epicurus: 'The largest of the goods that wisdom creates for a happy life is friendship'.
Plato: 'Friendship, freedom, justice, wisdom, courage and moderation are the key values that define a good society'.
Pythagoras: 'Friendship is the basic substance of a good life'.
Socrates: 'There is no other more valuable possession than a good and loyal friend'.
Solon
'Some wicked men are rich, some good are poor;
We will not change our virtue for their store:
Virtue's a thing that none can take away,
But money changes owners all the day'.

The Stoics also despised wealth**. Zeno of Citium,** the founder of Stoicism said**:**
'In the life of an individual man, virtue is the sole good; such things as health, happiness, possessions, are of no account. Since virtue resides in the will, everything really good or bad in a man's life depends only upon himself. He may be poor, but what of it? He can still be virtuous. He may be sentenced to death, but he can die nobly, like Socrates. Other men have power only over externals; virtue, which alone is truly good, rests entirely with the individual. Therefore every man has perfect freedom, provided he emancipates himself from mundane desires'.
Xenophon: 'The best possession one can have is an honest and good friend'.

2.2. Quotations related to Goodness

Seven Sages: 'Praise the good'. 'Believe in good luck'. 'Struggle without losing your good reputation'. 'Do not beautify your external appearance, but you should look to become good in your behavior'.
Aristotle: 'Every art and every inquiry, and similarly every action and pursuit, is thought to aim at some good; and for this reason the good has rightly been declared to be that at which all things aim'. 'Let us again return to the good we are seeking, and ask what it can be. It seems different in different actions and arts; it is different in medicine, in strategy, and in the other arts likewise. What then is the good of each? Surely that for whose sake everything else is done. In medicine this is health, in strategy victory, in architecture a house, in any other sphere something else, and in every action and pursuit the end; for it is for the sake of this that all men do whatever else they do. Therefore, if there is an end for all that we do, this will be the good achievable by action, and if there are more than one, these will be the goods achievable by action'.
Democritus: 'Good means not merely to do wrong, but rather not to desire to do wrong'.
Epictetus: 'It takes more than just a good looking body. You've got to have the heart and soul to go with it'.
Sappho: 'He who is fair to look upon is good, and he who is good will soon be fair also'.

Theognis: 'It's easy to do bad, while it's difficult to do good'.
Thucidides: 'Very few words are sufficient when your acts are good'.
Zeno of Citium: 'In the life of an individual man, virtue is the sole good; such things as health, happiness, possessions, are of no account. Since virtue resides in the will, everything really good or bad in a man's life depends only upon himself'.

2.3. Quotations related to Gratitude

Seven Sages: 'Honor gratitude'. 'Be grateful'. 'Gratify without harming'. 'When you have, donate'. 'Enjoy your possessions'. 'Do favors'. 'Accept the opportunity with pleasure'. 'Avoid resentment'. 'Put wreaths of flowers on the graves of your ancestors'. 'Do not mess with life'.
Anaxagoras: 'The seed of everything is in everything else'.
Aristotle: 'And gratitude is felt towards him who gives, not towards him who does not take, and praise also is bestowed more on him. It is easier, also, not to take than to give; for men are more prone to give away their own too little than to take what is another's'.
Epicurus: 'Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.'
Plato: 'Be kind, for everyone you meet is fighting a harder battle'.
Pythagoras: 'Rest satisfied with doing well, and let others to talk of you as they please'.
Socrates: 'He is richest who is content with the least, for content is the wealth of nature.'
Sophocles: 'Be beneficial to others with you have and what you can; it's your most kind act'.

2.4. Quotations related to Kindness (or Kalokagathia)

Seven Sages: 'Treat everyone with kindness and friendship'. 'When you have, give freely'. 'Give what you mean to give'.
Aesop: 'No act of kindness, no matter how small, is ever wasted'.

Menander: 'When they are kind to you remember it; when you are kind to others, forget it'.
Sophocles: 'Kindness gives birth to more kindness' and 'One who knows how to show and to accept kindness will be a better friend than any possession'.

2.5. Quotations related to Peace and War

Seven Sages: 'Do not behave in a violent way'. 'Do away with enmities'. 'Flee enmity'. 'Do not oppose somebody absent'. 'Never do anything with violence'. 'Destroy enmities'.
Herodotus: 'Nobody is so silly as to prefer war than peace'.
Pindar: 'War is dear to those who do not know of it. To those who have tried it, they shake in front of his coming'.
Plato: 'For I affirm that the good is the beautiful'.
Pythagoras: 'It is necessary to be good, rather than to appear so'. 'Goodness is the health of the soul'. 'True goods are never produced by indolent habits'. 'Virtue is the power of getting Good with justice'.
Socrates: 'Goodness consists in the caring of the soul concerned with moral truth and understanding'. 'The sycophant kills the honor of men, while the murderer kills life itself. Because however, honor for men is more valuable than their life, sycophancy (slander) is worse than murder'.

2.6. Quotations related to Malice and Badness

Seven Sages: 'Do not accept bad things'. 'Bypass whoever you personally feel as bad'. 'Do not associate with bad people'. 'Most people are bad people'.
Aeschylus: 'It's a law: When you commit something bad, you will find it in your path'.
Antisthenes: 'For anyone to unlearn badness is equal to acquiring the best education'.
Dimosthenis: 'There is only one virtue for man: To fight always for injustice and badness'.
Euripides: 'Gifts given by bad people never brought any good'.
Hesiod: 'When you do bad things to others, you will also experience the same'.
Homer: 'When our friends are bad, they can only do bad things'.

Isocrates: ‘When you do something bad once, you have started already to begin committing a lot of bad things on a continuing basis’.
Plato: ‘The job of the bad person is to say bad things about others and to utter poisonous remarks about all others accusing them unjustly’. ‘A bad person cannot hide forever’.
Sophocles: ‘The greatest bad thing that a man may possess is the lack of logical thinking’.

2.7. Quotations related to Hate

Seven Sages: ‘Hate violent and offensive behavior’. ‘Hate a false accusation’.
Aristotle: ‘Hate has no place in polite hearts’.

Democritus: ‘The person who hates others must first feel sorry for himself (or herself)’.
Thucidides: ‘Two things make it difficult to make a right decision: hate and anger’.

2.8. Quotations related to Anger

Seven Sages: ‘Do not behave in a violent way’. ‘Do away with enmities’. ‘Never do anything with violence’. ‘Destroy enmities’. ‘Behave with gentleness to others’. ‘Remain calm against rugged people, so that they are ashamed rather than feared of you’.
Aristotle: ‘Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy.’ ‘Foolish people relax when they channel all their anger at others’.
Epicurus: ‘A blessed and indestructible being has no trouble himself and brings no trouble upon any other being; so he is free from anger and partiality, for all such things imply weakness’.
Euripides: ‘Anger has destroyed many people’. ‘When a discussion gets out of control, the person who does not talk back is superior than all the others’. ‘Just people should not get angry’. ‘Every man that controls his anger becomes wiser’.

Menander: ‘Control your anger because anger has no logic’.
Plutarch: ‘It is more important to take care not to get angry rather than control your anger’.
Pythagoras: ‘Enigma 63: Leave not the print of the pot in the ashes’, meaning that you should not leave any plain marks of anger after reconciliation and after the passions have boiled down, you should lay aside all thoughts of malice and revenge.
Sophocles: ‘The final result of bad anger is ugly’. ‘Push your anger away and think differently’.
Zenon (of Citium): ‘You live better if you control your anger’.

2.9. Quotations related to Vice

Seven Sages: ‘Shun evil’. ‘Shun murder’. ‘Despise strife’. ‘Detest disgrace’. ‘Guard against violent and offensive behavior’. ‘Despise evil’. ‘Be a friend to virtue, and a stranger to vice’.
Aristotle: ‘Jealousy is both reasonable and belongs to reasonable men, while envy is base and belongs to the base, for the one makes himself get good things by jealousy, while the other does not allow his neighbour to have them through envy’.
Heraclitus: ‘Deliberate violence is more to be quenched than a fire’.
Menander: ‘Where violence exists there is no law’ and ‘Law is weak when violence prevails’.
Pythagoras: ‘Golden Verse 11. Do nothing evil, neither in the presence of others, nor privately’. ‘Enigma 63: Leave not the print of the pot in the ashes’, meaning that you should not leave any plain marks of anger after reconciliation and after the passions have boiled down, you should lay aside all thoughts of malice and revenge. ‘Enigma 68: Kill not the serpent that by chance fell within your walls’, meaning that you should not be treacherous, harm anyone, your guest, friend or enemy and you should not take advantage of the helpless. ‘Enigma 95: Avoid the weasel’, meaning that you should avoid association with sly, cunning, cruel, ruthless and bloodthirsty persons.
Thucidides: ‘If someone believes that he (she) will succeed with violence, he (she) will be disappointed when he (she) does not succeed’.

2.10. Quotations related to Errors

Aeschylus: ‘Even the wisest of the wise commits errors’.
Democritus: ‘Avoid errors, not because of fear, but because you want to fulfill your duty’. ‘It is better to destroy one's own errors than those of others’.
Euripides: ‘My peace is very rich and more beautiful than the ever-happy Gods’.
Heraclitus: ‘Forgiveness is preferable to punishment’.
Plutarch: ‘It is human to sin’.
Sophocles: ‘A person who tries to correct his (her) errors and is not indifferent about it, is considered a worthy one’.
Thucydides: ‘Errors that have been committed without intention should be forgiven’.

2.11. A Fable by Aesop on Goodness: ‘The Sick Stag’

‘A sick stag lay down in a quiet corner of its pasture-ground. His companions came in great numbers to inquire after his health, and each one helped himself to a share of the food which had been placed for his use; so that he died, not from his sickness, but from the failure of the means of living’.

The meaning of this is that evil companions bring more hurt than profit.

Chapter 8: Courage Pearls

Chapter summary: This chapter contains over 210 pearls of ancient Greek wisdom (maxims, quotations, sayings, short stories, etc.) related to the principle of courage and its manifestations.

1. Introduction

COURAGE, as a Principle, in its broadest context, is one of the so-called 'cardinal values', first identified by Socrates and noted by Plato, his disciple, in 'Protagoras':
Cardinal Value 1: Prudence = Ability to judge between actions at a given time;
Cardinal Value 2: Temperance = Practicing self-control, abstention and moderation;
Cardinal Value 3: Courage = Endurance and ability to confront fear and uncertainty;
Cardinal Value 4: Justice = Proper moderation between self-interest and the need of others.
Plato says: 'Friendship, freedom, justice, wisdom, courage and moderation are the key values that define a good society'.
It is also one of the four cardinal virtues of the Stoic philosophy: Wisdom (*Sophia*), Courage (*Andreia*), Justice (*Dikaiosyne*), and Temperance (*Sophrosyne*).

Epictetus coped with this insecurity by constantly reminding himself what he could control and what he couldn't. We can control our thoughts, beliefs and attitudes, but everything else is to some extent out of our control – other people's perceptions and behaviour, the economy, the weather, the future and the past. If you focus on what is beyond your control, and obsess over it, you will end up feeling helpless. Focus on what you can control, and you will feel a measure of autonomy even in chaotic situations.
Resilience was built by courage. Courage, in ancient Greek culture was based on the **agonistic ethic** which helped ancient Greeks build resilience and withstand better the rigors of life.

This ethic is based on the concept of **Agon. Agon** is an ancient Greek word in reference to several things. In general, the term refers to a struggle or contest. In its broader sense of a struggle or contest, '*agon'* referred to a contest in athletics, music or literature at a public festival in ancient Greece. Building personal resilience is probably best illustrated by the Socratic method of inquiry.

This method (Socratic method) named after Socrates, is a form of inquiry and discussion between individuals, based on asking and answering questions to stimulate critical thinking, enhance learning and knowledge and to illuminate ideas and concepts[2].

COURAGE, as a Principle, in every-day personal life and business operations has to do with the aspects of Courage, Adjustment, Acceptance, Perseverance and Vitality, Contingency Planning, Bravery and Valor, Risk Management, Decision Making, Governance, Protection of Homeland, Managing Time & Work, Risk Management, Decision Making, Effectiveness, Education, Knowledge and Stress Coping Skills, Aging, Death, Health, Pleasures, Marriage, Family, Women, Children, Parents and Conduct and Virtues in life.

2. Ancient Greek Pearls of Wisdom

The practices, quotes, sayings, maxims and short stories related to courage and its manifestations of ancient Greek noted thinkers are detailed next.

2. 1. Quotations related to Courage

Seven Sages: 'Carry out your activities with no fear and without losing your courage'.
Agesilaus the Second 443 ~ 359 BC, King of Sparta 401-360 BC: 'Courage is of no value unless accompanied by justice; yet if all men became just, there would be no need for courage'.
Aristotle: 'The courageous man acts for the sake of the noble or the beautiful, but the ordinary courage of the citizen is undertaken in pursuit of honor, which is something noble, and for fear of shame'. 'You will never do anything in this world without

courage. It is the greatest quality of the mind next to honor'.
Epictetus: 'There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will'.
Epicurus: 'You don't develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity'.
Thucydides: "The secret of happiness is freedom. The secret of freedom is courage." "The strong do what they have to do and the weak accept what they have to accept.
Tyrtaeus: 'Fight, young men, while you remain beside one another,
Nor begin shameful flight or panic,
But make large and courageous the spirit in your chest;
and be not in love with life as you fight with men'.
'Here is courage, mankind's finest possession,
here is the noblest prize that a young man can endeavor to win.'

2. 2. Quotations related to Adjustment

Seven Sages: 'Accept old age'. 'Be happy as a mortal man'.
'Think as a mortal man'. 'It is difficult to foresee the future, certain is what has occurred'. 'Maintain your body and souls in good order'.
'Never, any excess'. 'Subdue to married life'.
'Use speed in whatever you do'.

2. 3. Quotations related to Acceptance

Seven Sages: 'Wish for things that can be done'.
'Be happy as a mortal man'. 'Do not be sorry when you die'.
'Do not wish for things that cannot be done'.
'Think as a mortal man'. 'Be modest when you are happy, while you should be reasonable when you are distressed'.
'Respect yourself'. 'Do not worry about everything'.

2.4. Quotations related to Perseverance and Vitality

Seven Sages: 'Take care to discern the right moment'.
'Govern yourself'. 'Act with certainty'.

‘Toil to keep your good reputation.
‘Accept opportunity with pleasure’.
‘Be modest when you are happy, while you should be reasonable when you are distressed’.
‘Keep your body and mind in good order’
‘Be master of pleasure’.

2.5. Quotations related to Contingency Planning

Seven Sages: ‘Do not abandon what you have decided’.
‘Do not leave undone anything due to economy’.
‘Do not be in a hurry to do something, although, once you have started, be steady in doing it’.
Aesop: ‘In critical moments even the very powerful have need of the weakest’. ‘It is thrifty to prepare today for the wants of tomorrow’.
Aristotle: ‘Quality is not an act, it is a habit’.
Euripides: ‘A bad beginning makes a bad ending’.
Herodotus: ‘Force has no place where there is need of skill’.
‘Haste in every business brings failures’.

2.6. Quotations related to Bravery and Valor

Seven Sages: ‘Risk with reason’.
Agesilaus the Second 443 ~ 359 BC, King of Sparta 401-360 BC:
‘If all men were just, there would be no need for valor’.
‘It is not the places that grace men, but men the places’.
‘It isn't positions which lend distinction, but men who enhance positions’.
Herodotus: ‘Great deeds are usually wrought at great risks’.
Homer: ‘Let me not then die ingloriously and without a struggle, but let me first do some great thing that shall be told among men hereafter’.
Plutarch: ‘Distressed valor challenges great respect, even from an enemy’.
Sappho:
‘Some say an army of horsemen,
some say of foot soldiers, and
some say of ships is the best thing on the black earth;

but I say it's whatever one loves.
Altogether easy it is to make this understandable to everyone,
for she who far surpassed all human beings in beauty,
Helen, the most full-valiant man
Left behind and sailed off to Troy
without a thought for her children or her dear parents'.
Thucydides: 'The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it'.
Tyrtaeus: 'You should reach the limits of virtue, before you cross the border of death'. 'How glorious fall the valiant, sword in hand, in front of battle for their native land!'. 'Rise up, warriors, take your stand at one another's sides, our feet set wide and rooted like oaks in the ground'. '...learn to love death's ink-black shadow as much as you love the light of dawn'.
'Let a man learn how to fight by first daring to perform mighty deeds,
Not where the missiles won't reach, if he is armed with a shield,
But getting in close where fighting is hand to hand, inflicting a wound
With his long spear or his sword, taking the enemy's life,
With his foot planted alongside a foot and his shield pressed against shield,
And his crest up against crest and his helm up against helm
And breast against breast, embroiled in the action—let him fight man to man,
Holding secure in his grasp haft of his sword or his spear!'

2.7. Quotations related to Risk Management

Seven Sages: 'Think first, act later'. 'Venture into danger with prudence'. 'Do not be in a hurry to undertake something. When, however, you start, stay fixed to that until the end'. 'On the basis of the significant draw conclusions on the not significant'.
Menander: 'You should take risks, but not too many'.
Sophocles: 'You will make mistakes when you act too fast'.

2.8. Quotations related to Decision Making

Seven Sages: 'Act quickly'. 'The correct judgment (or opinion) is a difficult thing'. 'Don't say what you intend to do, because if you don't succeed, everyone will laugh at you'. 'Hate to talk in haste as there is the fear of making mistakes, in which case, asking for forgiveness follows'.
Xenophon: 'You must control yourself in order to attain virtue'.

2.9. Quotations related to Governance

Seven Sages: 'Only when you learn how to be governed, you will know how to govern'. 'When you rule as a chief, you should adorn yourself'.
Democritus: 'The worst misfortune you can get to know is when your country is governed by men without any value'.
Dimosthenis: 'No government can maintain itself if it is based on injustice, betrayal and perjury'.

2.10. Quotations related to Protection of Homeland

Seven Sages: 'Consider as your enemy the enemy of the people'. 'Die for your mother country (or fatherland or homeland)'.
Alcaeus of Mytilene:
'Not homes with beautiful roofs,
nor walls of permanent stone,
nor canals and piers for ships
make the city — but men of strength.
Not stone and timber, nor skill
of carpenter — but men brave
who will handle sword and spear.
With these you have: city and walls'.
Dimosthenis: 'No sacrifices, no dangers and no efforts are so important when we fight for the good of our mother country'
Euripides: 'The brave men that fell on the battle-field fighting for their country, no matter where they are buried, are considered as being buried in their own country'

Herodotus: ‘We should fight with all our powers against all those that threaten our freedom and our country’.
Homer: ‘One of the sweetest things that exist is our mother country’.
Tyrtaeus:
‘This is a common good for the city and the whole populace,
whenever some man takes a stride and remains among the front fighters
Steadfastly, and forgets shameful flight and fear completely,
putting his life and his enduring spirit on the line.
And he encourages with words the man standing next to him.
This one becomes a good man in war.
Right away he turns back the rough battle lines
of the enemy's men, and with dispatch he stems the tide of battle.
Neither his good fame nor his name perishes,
but even while underground he becomes immortal,
Whoever showing his great skill, standing and fighting
for his land and children, furious Ares slays.
But if he flees the bane of woeful death
and wins the splendid spear-boast through victory,
Everyone honors him, young and old alike.
He experiences many pleasures before reaching Hades,
And in his old age he stands out among the citizens, nor does anyone’.
‘To die is good for a good man, to fall
among the front ranks fighting for his country’.

2.11. Quotations related to Managing Time & Work

Seven Sages: ‘Take care to know the right opportunity’. ‘Use time in an economical way’. ‘Respond in a timely way’. ‘Think without time limits’. ‘Learn to judge the right moment’. ‘Look toward the future’. ‘Work for what you can own’. ‘Laziness is an ill-pleased thing’. ‘Do not be lazy, even if you are rich’.
Menander: ‘Time is the best judge of a man’s character’.

2.12. Quotations related to Risk Management

Seven Sages: 'Think first, act later'. 'Venture into danger with prudence'. 'Do not be in a hurry to undertake something. When, however, you start, stay fixed to that until the end'. 'On the basis of the significant draw conclusions on the not significant'.
Menander: 'You should take risks, but not too many'.
Sophocles: 'You will make mistakes when you act too fast'.

2.13. Quotations related to Decision Making

Seven Sages: 'Act quickly'. 'The correct judgment (or opinion) is a difficult thing'. 'Don't say what you intend to do, because if you don't succeed, everyone will laugh at you'. 'Hate to talk in haste as there is the fear of making mistakes, in which case, asking for forgiveness follows'.
Xenophon: 'You must control yourself in order to attain virtue'.

2.14. Quotations related to Effectiveness

Seven Sages: 'Complete your activities without fear and without shrinking back'. 'Pursue what is profitable'. 'Accept opportunity with pleasure'. 'Do not abandon what you have decided to do'. 'Do not leave things undone due to thrift'. 'The achievement of something desirable is a very pleasurable thing'. 'Look into your mirror, and if you look nice, you must do nice things if, however, you look ugly, you must correct your physical deficiency with politeness and goodness'.
Aesop: 'Do not only request the help of goddess Athena. Do something yourself'. 'Every human act should not be judged by the speed it is implemented by, but by the perfectness it has achieved'.
Aristophanes: 'Three things must co-operate for a person to become effective: nature, study and practice'.
Dimosthenis: 'The person who has the patience and the intelligence to know where he (or she) should stand back, is the person who will have a better chance to fight better and therefore might be more successful next time'.
Isocrates: 'You must govern others with the same effectiveness as you govern yourself'.

2.15. Quotations related to Education

Seven Sages: 'Concentrate on education'. 'Acquire what is not destroyed by time: piety, education, prudence, thoughtful mind, truth, belief, expense, skills and dexterities, co-operation, care, effective management, professional knowledge'.
Aeschylus: 'All people must strive for education'.
Dimocritus: 'Education is man's decoration in his happy moments and a safe shelter in his difficult ones'.
Dimosthenis: 'Every person can become better when he (or she) is given the right education'.
Heraclitus: 'Spiritual education is a second sun for those who have it'.
Hesiod: 'Study will give you the best result in each task you undertake'.
Menander: 'Education is the most beautiful thing a man can have'. 'Learning is worthless if it is not accompanied by reasoning'.
Plutarch: 'Education is not only a component of happiness and good will, but also useful to the whole mankind'. 'Right education is the source and root of virtue'.

2.16. Quotations related to Knowledge and Stress Coping Skills

Seven Sages: 'Base your knowledge on learning'. 'Understand after you have heard what has occurred'. 'Be a seeker of wisdom'. 'It is best to know many things than to be ignorant'. 'Ignorance is a painful thing'. 'It is difficult to foresee the future'. 'What has already happened is the only certain thing'. 'Understand what has been achieved'.
Antisthenis: 'Getting more knowledge during our life should not be our only purpose, but a means to improve our future'.
Plutarch: 'People can find happiness through knowledge and education'.
Pythagoras: 'Learning, knowledge and wisdom, are the three divisions of instruction. Learning is shallow, and consists of those things we memorize and are told. Knowledge is substantial, and

consists of those things we know, and not merely the things we assume to believe. Knowledge is power: for weal or woe'. 'All knowledge is belief but not all belief is knowledge'.

2.17. Quotations related to Aging

Seven Sages: 'Accept old age. Respect the elders'. 'Do not be discontented by life'. 'As a child, be well behaved. As a teenager, control yourself. As a middle-aged man (person), be just. As an old man, be sensible. On reaching the end, be without sorrow'. 'Pursue the means, while young, for a plentiful life, and wisdom, when you reach old age'.
Aristotle: 'To all older persons, too, one should give honor appropriate to their age, by rising to receive them and finding seats for them and so on; while to comrades and brothers one should allow freedom of speech and common use of all things'.

2.18. Quotations related to Death

Seven Sages: 'Think as a mortal'. 'Honor your ancestors by placing flower wreaths on their tombs'. 'Do not make fun of the dead'. 'Do not wrong the dead'. 'Grieve for nobody'. 'Be well off as a mortal'. 'Bless the dead person'. 'While you live, they should praise you, when you die, they should speak well for you'.
Antiphanes: 'Mourn your acquaintances with moderation, as they have not died, but have taken the road that we will all take before us'.
Epictetus: 'Never tell yourself that you lost but that you gave it back. Did your child die? It was given back. Did your wife die? She was given back. Was your property stolen? It was given back. Care for whatever you have like it is foreign to you, as passers-by look upon a hotel when they visit it'.
Plato: 'Nobody should be afraid of death, unless they are foolish and coward. You should, however, be afraid of injustice. As the greater disaster for it will be if your psyche (soul) reaches Hades (after death) with the weight of terrible injustices committed by you'.

2.19. Quotations related to Health

Seven Sages: 'Avoid pleasure and joy that creates pain (physical or psychic)'.
Hippocrates: 'Food, alcohol, sleep, sexual intercourse: all with moderation'. 'Diets that reduce your strength to the last limit are damaging to you as is overfeeding yourself to the last limit'.
Isocrates: 'Exercise physically, not to become strong, but to remain healthy; and you will succeed in this by stopping the exercises while you still have your strength'.
Menander: 'Health is the most valuable good'. 'Health and sound mind are two valuable goods'.
Pythagoras: 'You must not be careless with your bodily health, but you should use moderation in taking food, drinking alcohol and physical exercises; and I mean by moderation that which will not worry you';

2.20. Quotations related to Pleasures

Seven Sages: 'Live without sorrow'. 'Mischievous pleasures are mortal, while virtues are immortal'. 'If one is to live in a thrifty manner, it is best to die rather than live in need'. 'Do not be a naive benevolent man, not a malicious man'.
Plato: 'Some pleasures are good while other pleasures are bad. Good pleasures are beneficial, bad pleasures are damaging. The purpose of all our actions must be to do good and always to act in such a way as to promote it'.

2.21. Quotations related to Marriage

Seven Sages: 'Intend to get married'. 'Submit to married life'. 'Marry from your own social level because if the wife (or husband) is from a higher social level, you will acquire bosses, not relatives'. 'Your wedding should be simple'.
Pythagoras: 'Happy and successful marriage is based upon mutual attraction, and mutual and equal moral worth; and upon no other

consideration'; 'A man should marry in his own walk of life'; 'Love of husband and wife is requisite for parentage on its highest plane'; 'Man and woman are equal in dignity before God';
Pythagoras: 'Enigma 36: Do not approach gold in order to gain children', meaning that you should not marry for money;

2.22. Quotations related to Family

Seven Sages: 'Honor your family'. 'Love the people you feed'. 'Be kind to your own people'. 'Govern and protect your family'.
Aristotle: 'Family is the cell of life'.
Pythagoras: 'The hearth and home are sacred and holy to God'; 'In a well-regulated household everything is done by mutual consent';

2.23. Quotations related to Women and Wives

Seven Sages: 'Govern your wife'. 'Do not fight with your wife and do not behave with arrogance in front of others. The first shows mainly stupidity, while the second may make others consider you to be a crazy man'.
Democritus: 'Some men govern city-states, but are slaves to women'.
Menander: 'Silence is an ornament to all women'. 'Woman is the savior of a household, but also its catastrophe'.
Plato: 'Women should be protected during their pregnancy so that they live not with many pleasures, passions or grief, but honoring their period of pregnancy with joy, temperance and good psychic (spiritual) disposition'.
Pythagoras: 'The particular virtues of a woman are fortitude, justice, prudence, temperance and harmony';
Sophocles: 'A bad woman is the worst thing that can happen to a man, and the best gift will be a sensible woman that will come his way'.

2.24. Quotations related to Children

Seven Sages:: 'Do not curse your sons'. 'Beget children from noble ancestry'. 'Whatever care you provide for your parents, the

same you should expect to receive when you reach old age, by your children'.
Plutarch: 'There are three bases that contribute to a child's good upbringing: Nature, education and exercise'. 'Praise and rebuke are more beneficial to children than mistreating them'.

2.25. Quotations related to Parents

Seven Sages: 'Respect your parents'. 'Do not claim to be more just them your parents'. 'Respect your father'. 'Do not get tired in flattering and speaking well to your parents'. 'Take care to make yourself worthy of your parents'.
Aeschylus: 'Every person must honor his (or her) parents'.
Antiphon the Sophist: 'Those born of illustrious fathers we respect and honor, whereas those who come from an undistinguished house we neither respect nor honor. In this we behave like barbarians towards one another. For by nature we all equally, both barbarians and Greeks, have an entirely similar origin: for it is fitting to fulfill the natural satisfactions which are necessary to all men: all have the ability to fulfill these in the same way, and in all this none of us is different either as barbarian or as Greek; for we all breathe into the air with mouth and nostrils…'
Aristotle: 'And it would be thought that in the matter of food we should help our parents before all others, since we owe our own nourishment to them, and it is more honorable to help in this respect the authors of our being even before ourselves';
Dimosthenis: 'The person who does not take care of his (or her) parents is an enemy of both people and Gods'.
Euripides: 'There are three rules to be followed by anyone who wants to be right: To love his (or her) parents, to love other human beings and to love what is just'.
Isocrates: 'We should behave towards our parents the same way we would want our children to behave towards us'.
Pythagoras: 'Golden Verse 4: Honor likewise your parents and those most nearly related to you';

2.26. Quotations related to Conduct and Virtues in life

Seven Sages: 'You will be remembered well by your good deeds,

you will become more pious with the passing of time,
you will be more brave, with your behavior,
you will be more self-controlled, by working hard,
you will have more respect, by instilling fear,
you will have more friends, by becoming richer,
you will be more persuasive, by exercising reason,
you will be looking better, by using silence,
you will be more just, by using intellect,
you will be more courageous, by showing valor,
you will be more powerful, by your achievements,
you will attain authority, by your good name'.

Agesilaus the Second 443 ~ 359 BC, King of Sparta 401-360 BC: 'If I have done any deed worthy of remembrance, that deed will be my monument. If not, no monument can preserve my memory'.

Alcman of Sparta: 'Experience and suffering are the mother of wisdom'.

Antiphon the Sophist: 'Life is like a brief vigil, and the duration of life like a single day, as it were, in which having lifted our eyes to the light we give place to other who succeed us'. 'The greatest sacrifice is the sacrifice of time'.

Aristotle: 'The ideal man bears the accidents of life with dignity and grace, making the best of circumstances'. 'We acquire virtues if we act earlier. If we are just, we become just; if we act with reason, we become reasonable; if we act bravely, we become brave';

Epicurus proposed 'The four-part cure' (Tetrapharmakos), as the basic guideline on how to live the happiest possible life. This consisted of four simple lines:
'Don't fear God,
Don't worry about death;
What is good is easy to get, and
What is terrible is easy to endure'.

Hippocrates: 'Not working and being idle leads men to doing bad things'.

Menander: 'God does not help idle men'.

Plato: 'Every human being should be concerned with three things: caring for his (her) psyche (soul); caring for his (her) body; and using money the correct way'.

Pericles: ‘What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others’.
Pythagoras: ‘Enigma 93: Leave the public ways; walk in unfrequented paths’, meaning that you should live your own spiritual and not wordly life.
Thucydides: ‘Few things are brought to a successful issue by impetuous desire, but most by calm and prudent forethought’.
Zeno: ‘Life that agrees with nature is exactly the same as virtuous life. Because, becoming virtuous, is the final goal that nature leads us to’.

2.27. A Fable by Aesop on Governance: A mother crab and her son:

‘A mother crab criticized her son for walking sideways, whereupon the son asked his mother to show him how to walk straight. Of course the mother crab was unable to walk any straighter than her son, and soon apologized for criticizing what she herself was unable to do’.

The meaning of this story is that example is more powerful than precept.

9. End Notes

1. For more details, see: Peterson, C., & Seligman, M. E. P. (2004). Character strengths and virtues: A handbook and classification. New York: Oxford University Press and Washington, DC: American Psychological Association. www.viacharacter.org

2. See also my Pandora book in the Bibliography section for more details on Ancient Greek Wisdom.

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