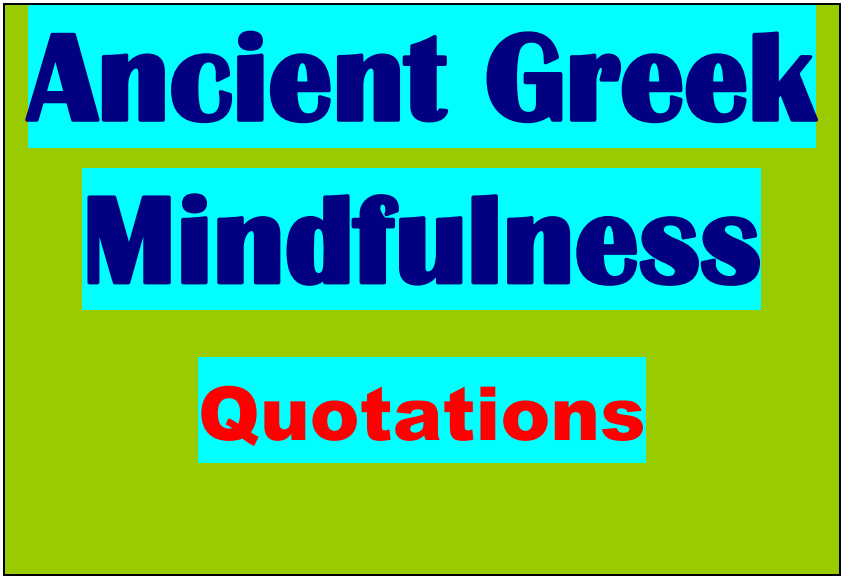


John Kyriazoglou

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Ancient Greek Mindfulness Quotations

Overview: This document describes mindfulness and several quotations (Q) by noted ancient Greek thinkers that may be used to become more aware of various living issues and bring you immediate healing effects along with improving your happiness.

Introduction

Mindfulness helps you become consciously and keenly aware of the present moment. When you become mindful of your issues (problems, obstacles, emotional turmoil) a mindful attitude brings healing. Something about conscious awareness brings immediate healing effects. This principle has been taught for thousands of years and has more recently been proven through scientific research[7].

Mindfulness and the Ancient Greeks

Quotations by Thales

Q1. 'Water constitutes the principle of all things.'
In Greek Medicine, there evolved a healing tradition called the Water Cure. The Water Cure is the common term for a collection of therapies which, in one way or another, make skillful and smart use of the healing virtues of Water:

Hydrotherapy: Techniques of therapeutic bathing and use of water
Balneotherapy: Therapeutic bathing in medicinal and thermal springs
Thalassotherapy: The therapeutic use of ocean bathing and marine products.

Q2. ‘What is it that is most beautiful? - The Universe; for it is the work of God.’

Q3. ‘What is most powerful? - Necessity; because it triumphs over all things.’

Q4. ‘What is most difficult? - To know one's self.’

Q5. ‘What is most easy? - To give advice.’

Q6. ‘What method must we take to lead a good life? - To do nothing we would condemn in others.’

Q7. ‘What is necessary to happiness? - A sound body and a contented mind.’

Q8. ‘Avoid doing what you would blame others for doing.’

Quotations by Heraclitus

Q1. ‘The sun is new every-day.’

Q2. ‘The content of your character is your choice. Day by day, what you choose, what you think and what you do is who you become.’

Q3. ‘Everything flows and nothing abides, everything gives way and nothing stays fixed.’

Q4. ‘No man ever steps in the same river twice, for it’s not the same river and he’s not the same man.’

Continuous change is the only constant in life. Every day, people change because they have new experiences which shape them. So, you cannot step into the same river twice. People also encounter new people who influence them, and change their lives. They read books, they take courses, they travel to new places, they watch films and theatrical plays – all of which change them. And of course, let's not forget the race riots,

economic crises, wars, and global pandemics. Things are forever changing. Jobs disappear along with companies. Professionals have to embrace a new reality, whatever that may look like for them.

Quotations by Democritus

Q1. 'Happiness resides not in possessions, and not in gold, happiness dwells in the soul.'

Q2. 'The brave man is not only he who overcomes the enemy, but he who is stronger than pleasures.'

In current society, we are conditioned, since our birth, to think that the value of happiness is wealth and other material goods.
It's so sad to live captive in a golden cage, driven by constant promotional messages that push us to consumerism and to find a meaning only in buying things.
The value of what we possess is not our valor, is not how successful we are, is not in a meaningless, dull, material-driven standardized world.
Look inside you and realize that your happiness dwells in your soul and how much property or wealth you own or manage.

Quotations by Euclid

Q1. 'The laws of nature are but the mathematical thoughts of God.'

Quotations by Parmenides

Q1. 'We can speak and think only of what exists. And what exists is uncreated and imperishable for it is whole and unchanging and complete. It was not or nor shall be different since it is now, all at once, one and continuous.'

Quotations by Anaxagoras

Q1. ‘All other things have a portion of everything, but Mind is infinite and self-ruled, and is mixed with nothing but is all alone by itself.’
Q2. ‘Appearances are a glimpse of the unseen.’

Quotations by Zeno of Elea

Q1. ‘The goal of life is living in agreement with nature.’

Q2. ‘By silence, I hear other men's imperfections and conceal my own.’

Quotations by Plato

Q1. ‘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.’

Quotations by Plutarch

Q1. ‘Neither blame nor praise yourself.’

Q2. ‘The whole life of a man is but a point in time; let us enjoy it.’

Q3. ‘Know how to listen and you will profit even from those who talk badly.’

Quotations by Thucydides

Q1. ‘Self-control is the chief element in self-respect, and self-respect is the chief element in courage.’

Q2. ‘The secret of happiness is freedom, and the secret of freedom is courage.’

Quotations by Herodotus

Q1. ‘If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.’

Quotations by Zenon of Citium

Q1. ‘You live better if you control your anger’.

Q2. ‘Life that agrees with nature is exactly the same as virtuous life. Because, becoming virtuous, is the final goal that nature leads us to’.

Q3. ‘Life that agrees with nature is exactly the same as virtuous life. Because, becoming virtuous, is the final goal that nature leads us to’.

Q4. ‘Man conquers the world by conquering himself’.

Q5. ‘Steel your sensibilities, so that life shall hurt you as little as possible’.

Q6. ‘All things are parts of one single system, which is called nature; the individual life is good when it is in harmony with nature’.

Q7. ‘The reason why we have two ears and only one mouth is that we may listen the more and talk the less’.

Q8. ‘That which exercises reason is more excellent than that which does not exercise reason; there is nothing more excellent than the universe, therefore the universe exercises reason’.

Q9. ‘The end may be defined as life in accordance with nature or, in other words, in accordance with our own human nature as well as that of the universe’.

Q10. ‘Better to trip with the feet than with the tongue’.

Q11. ‘Happiness is a good flow of life’.

Q12. ‘Well-being is realized by small steps, but is truly no small thing’.

Quotations by Epictetus

Q1. ‘Happiness and freedom begin with a clear understanding of one principle: some things are within our control, and some things are not. One of the most important things to learn in life is this—events, in particular things that happen, are, in and of themselves, impersonal. They do not happen *to* us. They simply happen. Yes, we must take responsibility for making an appropriate response to events for which we are responsible, but we are not responsible for the actions or opinions of others. Events don’t, or shouldn’t, hurt us. It is our perceptions of those events that hurst us.’

Q2. ‘You live better if you control your anger’.

Q3. ‘If you want to be praised, first learn to say good words, and once you learn to say good words, do good deeds, and then you will hear good words for yourself’.

Q4. ‘If you want to live without stress, treat the future as if it has already happened’.

Q5. ‘First tell yourself who you want to be. Then act accordingly’.

Q6. ‘Have patience and restraint’.

Q7. ‘Some things we control and others we do not, and we must learn the difference. Of our power is our opinion, our mood, the desire to enjoy, the effort to avoid, in other words what is our energy. Our body,

property, glory, the duties of an official position, are not in our power, in a word, those that are not of our energy'.

Q8. 'There is only one way to be happy and that is to stop getting involved in things beyond our control'.

Q9. 'Happiness and freedom begin with a clear understanding of one principle: Some things are within our control, and some things are not. It is only after you have faced up to this fundamental rule and learned to distinguish between what you can and can't control that inner tranquility and outer effectiveness become possible'.

Q10. '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'.

Q11. 'We should not moor a ship with one anchor or our life with one hope'.

Q12. 'Truth is a thing immortal and perpetual, and it gives to us a beauty that fades not away in time, nor does it take away the freedom of speech which proceeds from justice; but it gives to us the knowledge of what is just and lawful, separating from them the unjust and refuting them'.

Q13. 'Every place is safe to him who lives with justice'.

Q14. 'Don't be concerned with other people's impressions of you. They are dazzled and deluded by appearances. Stick with your purpose. This alone will strengthen your will and give your life coherence'.

Q15. 'Keep your attention focused entirely on what is truly your own concern, and be clear that what belongs to others is their business and none of yours'.

Q16. 'There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will'.

Q17. ‘Every difficulty in life presents us with an opportunity to turn inward and to invoke our own submerged inner resources. The trials we endure can and should introduce us to our strengths’.

Q18. ‘Nothing truly stops you. Nothing truly holds you back. For your own will is always within your control. Sickness may challenge your body. But are you merely your body? Lameness may impede your legs. But you are not merely your legs. Your will is bigger than your legs. Your will needn't be affected by an incident unless you let it’.

Q19. ‘Although we can't control which roles are assigned to us, it must be our business to act our given role as best we possibly can and to refrain from complaining about it. Where ever you find yourself and in whatever circumstances, give an impeccable performance’.

Q20. ‘Ruin and recovering are both from within’.

Q21. ‘Who exactly do you want to be? What kind of person do you want to be? What are your personal ideals? Whom do you admire? What are their special traits that you would make your own It's time to stop being vague. If you wish to be an extraordinary person, if you wish to become wise, then you should explicitly identify the kind of person you aspire to become. If you have a daybook, write down who you're trying to be, so that you can refer to this self-determination. Precisely describe the demeanor you want to adopt so that you may preserve it when you are by yourself or with other people’.

Q22. ‘What is a good person? One who achieves tranquility by having formed the habit of asking on every occasion, "what is the right thing to do now?’

Q23. ‘Other people's views and troubles can be contagious. Don't sabotage yourself by unwittingly adopting negative, unproductive attitudes through your associations with others’.

Q24. ‘Authentic happiness is always independent of external conditions’.

Q25. ‘To live a life of virtue, you have to become consistent, even when it isn't convenient, comfortable, or easy’.

Q26. ‘When you are offended at any man's fault, turn to yourself and study your own failings. Then you will forget your anger’.

Q27. ‘I am always content with what happens; for I know that what God chooses is better than what I choose’.

Q28. ‘Never depend on the admiration of others for self-satisfaction. It is a fact of life that other people, even people who love you, will not necessarily agree with your ideas, understand you always, or share your enthusiasms’.

Q29. ‘Renew every day your conversation with God: Do this even in preference to eating. Think more often of God than you breathe’.

Q30. ‘You have been given your own work to do. Get to it right now, do your best at it, and don't be concerned with who is watching you. Create your own merit’.

Q31. ‘Happiness and personal fulfillment are the natural consequences of doing the right thing’.

Q32. ‘The best place to get help is from yourself’.

Q33. ‘Keep silence for the most part, and speak only when you must, and then briefly’.

Q34. ‘It is not a demonstration of kindness or friendship to the people we care about to join them in indulging in wrongheaded, negative feelings. We do a better service to ourselves and others by remaining detached and avoiding melodramatic reactions’.

Q35. ‘He who is making progress, having learned from philosophers that desire means the desire of good things, and aversion means aversion from bad things; having learned too that happiness and tranquility are not attainable by man otherwise than by not failing to obtain what he desires, and not falling into that which he would avoid; such a man takes from

himself desire altogether and defers it, but he employs his aversion only on things which are dependent on his will'.

Q36. 'Don't just say you have read books. Show that through them you have learned to think better, to be a more discriminating and reflective person. Books are the training weights of the mind. They are very helpful, but it would be a bad mistake to suppose that one has made progress simply by having internalized their contents'.