

#### Quotations

##### Rudyard Kipling

*If*

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master;  
If you can think - and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings - nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!

##### Marcus Aurelius

*Meditations, trans Hays, VII, 67*

You don't need much to live happily.  
And just because you've abandoned  
your hopes of becoming a great thinker  
or scientist, don't give up on attaining  
freedom, achieving humility and  
serving others...

##### Marcus Aurelius

*Meditations, (Penguin Classics  
edition, trans by Maxwell Staniforth)*

**IV, 3**

The universe is change; our life is  
what our thoughts make it.

**VII, 8**

Never let the future disturb you. You  
will meet it, if you have to, with the  
same weapons of reason which  
today arm you against the present.

**IV, 40**

Constantly regard the universe as  
one living being, having one  
substance and one soul; and  
observe how all things have  
reference to one perception, the  
perception of this one living being;  
and how all things act with one  
movement; and how all things are  
the cooperating causes of all things  
which exist; observe too the  
continuous spinning of the thread  
and the contexture of the web.

# REVIEW OF THE TERM

## **Session 1: The True Nature of Happiness**

How do we seek happiness? True happiness and unity: 'May all be happy' as an intent. Tolstoy: happiness through serving one's neighbour. Observation, the conscious perceiver and the present moment.

## **Session 2: Happiness and Society**

Is happiness natural? Analogy of light bulbs. Relationship between happiness and law.

## **Session 3: Happiness and Utilitarianism**

Bentham, Mill. Gandhi's criticism and an alternative view to utilitarianism. The art of listening: practical exercise.

## **Session 4: Happiness and Pleasure**

Hedonism, Epicurus and Plato. Plato suggests two categories: necessary and unnecessary pleasures. Introduction to the Upanishads: finding satisfaction in oneself.

## **Session 5: Happiness and the Platonic Goods**

Divine goods: wisdom, self-control, justice and courage. Human goods: health, beauty, strength and wealth. Are these the way to happiness?

## **Session 6: Rejoice in the Present**

Introduction to Marsilio Ficino, renaissance philosopher. Key phrases inscribed on academy walls. Rejoice in the present. Richard Jefferies.

## **Session 7: Lao Tzu**

Introduction to Lao Tzu: Tao Te Ching. Tea ceremony. Exploring effortless action.

## **Session 8: Happiness and Contentment**

Introduction to Patanjali and the eightfold system of yoga, meditation, contentment. What about ambition? Finding happiness in work: two principles for finding happiness in work.

## **Session 9: Happiness and Work**

Two more principles for finding happiness in work. Practical exercise to discover more about the principles of work in action.

## **Session 10: Happiness and Wisdom**

The connection between wisdom and happiness. Marcus Aurelius; you don't need much to live happily.