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Seven Milestones For a Better Life

John Kyriazoglou

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Seven Milestones For a Better Life
1st edition
© 2015 John Kyriazoglou & bookboon.com
ISBN 978-87-403-0900-3

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DEDICATIONS

This book is dedicated:
To the glory of Ancient Greece; to wonderful Canada; to all my family members and friends who love and enjoy me; and above all to my wonderful grand-daughter Melina with these words:

Mon amour pour toi est éternel.
Mon amour pour toi est aussi grand que le monde.
Ton amour est aussi précieux que l'or.
Tu es pour moi la plus belle.
Tu es dans toutes mes pensées.
Usted es la fuente de mi ser.
Come un raggio di sole hai illuminato la mia vita.

My love for you is eternal.
My love for you is as grand as the world.
Your love is as precious as gold.
You are, for me, the most beautiful.
You are in all my thoughts.
You are the fountain of my being.
Like a ray of light you have brightened my life.

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SYNOPSIS

This book is titled '**Seven Milestones for a Better Life'.**
It is designed to be *Your Self-Help Guide to Improving your life with Maxims, Quotations and Guidance of noted ancient Greek thinkers of the Pre-Classical Age.*

It contains a set of over 330 wisdom pieces (maxims, quotations, sayings and short stories) of pre-classical ancient Greece (c. 800–c. 500 BC) that inspire you to improve and enrich all aspects of your life. It includes:

1. **Maxims**: The maxims of the oracle of Delphi, inscribed in marble and travelling the world as the first written educational and moral text,
2. **Quotations**: The quotations of the Seven Sages of ancient Greece (Thales, Pittacos, Bias, Solon, Cleovoulos, Periandros, and Chilon), who set the background for the development of Western philosophy by Plato, Aristotle, Socrates, Epicurus, and others,
3. **Sayings**: The sayings and short stories of Aesop (world's most famous story-teller), Heraclitus (one of the greatest pre-classical philosophers), Hesiod (world's first agrarian economist and a great poet), Homer (world's greatest epic poet) and Pythagoras (philosopher, mathematician and best-known for his Pythagorean Theorem).
4. **Rules**: 39 rules for improving specific aspects of your life, like: connecting to the Supreme Being, governance, wealth management, friendship, etc., and
5. **Action Plan**: An action plan with ten 'golden actions' incorporating all ideas on improving the individual aspects of your life contained in the specific chapters into an integrated whole for supporting, enhancing and enriching your whole life, in terms of your spiritual, emotional, mental and social health and fitness.

The contents of this book are:

How to use this book: Seven Milestones for a Better Life

Chapter 1: Introduction to Ancient Greek Maxims and Quotations
Chapter 2: Connecting to the Supreme Being.
Chapter 3: Improving your Governance and Law aspects.
Chapter 4: Managing your Wealth Better.
Chapter 5: Adding Friendship and Love to your Life.
Chapter 6: Becoming more Harmonious and Peaceful.
Chapter 7: Adding Goodness and Kindness to your Life.
Chapter 8: Managing yourself Better.
Chapter 9: Improving your Education and Learning.
Chapter 10: Managing your Family and Life Better.
Chapter 11: Pre-Classical Ancient Greek Influence
Chapter 12: Epilogue

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The **purpose** of this book is to make all readers (general public, educated and not, young, old, men, women, high school, college and university students, managers, workers, professionals, etc.) aware of a set of pre-classical ancient Greek maxims and quotations that could be used to help them in all walks and stages in their personal and professional life, and hopefully enable them to understand, reflect upon, and improve their relationships, in the long term.

The translation of the maxims, quotations, sayings and short stories from ancient Greek into English were done by the author on the basis of the original texts in both ancient Greek and current Greek and other sources noted in the bibliography.

I am responsible for any errors and omissions in the translation, hoping that the reader will excuse me in this very difficult and demanding task.

John Kyriazoglou (jkyriazoglou@hotmail.com)

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How to Use This Book: Seven Milestones for a Better Life

The approach I use in this book to help you improve all aspects of your life is called **Seven Milestones for a Better Life.**

This is outlined as follows:

Step 1: In chapter 1, I introduce you to the role of Maxims and Quotations of the pre-classical Greek era while offering some details about the Seven Sages and other pre-classical Greeks.

Step 2: In chapters 2 to 10, I present pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and Golden Rules on reaching each milestone of your personal discovery journey to a better life:

First milestone: 'Connecting to the Supreme Being'.
Second milestone: 'Learning how to govern better'.
Third milestone: 'Managing your wealth better'.
Fourth milestone (first component): 'Adding friendship and love to your life'.
Fourth milestone (second component): 'Becoming more harmonious and peaceful'.
Fourth milestone (third component): 'Adding goodness and kindness to your life".
Fifth milestone: 'Managing yourself better'.
Sixth milestone: 'Improving yourself with knowledge'.
Seventh milestone: 'Carrying out your daily activities better'.

Step 3: In chapter 11, I summarize the influence of Pre-classical Ancient Greek Thinkers to the World, like the Seven Sages as well as Aesop, Heraclitus, Hesiod, Homer and Pythagoras.

Step 4: Finally, in chapter 12 (Epilogue), I present my concluding remarks, in terms of my favorite quotations on 'Friendship' and 'How to live', and my proposed Action Plan for a More Balanced Life, which, in effect, summarizes and integrates the individual sets of rules outlined in chapters 2 to 10.

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1 Introduction to Ancient Greek Maxims and Quotations

Overview

This chapter introduces you to the role of Maxims and Quotations of the pre-classical Greek era, offers details about the Seven Sages and other pre-classical Greeks and provides an example of the Maxims of the Oracle of Delphi and the Quotations of the Seven Sages.

Introduction

The great British philosopher-mathematician Alfred North Whitehead once commented that all philosophy is but a footnote to Plato. A similar point can possibly be made regarding Greek literature as a whole.

Over a period of more than twenty centuries, the ancient Greeks created a body of literature masterpieces in poetry, maxims and quotations, tragedy, comedy, and history that cannot be surpassed by any other culture in the world. These pieces have inspired, influenced, and challenged writers and readers to the present day.
The only body of literature of comparable influence is the Bible.

These ancient literature masterpieces were created during five major periods of Greek literature: pre-classical, classical, Hellenistic-Roman, Byzantine and Modern. Of these the most significant works were produced during the pre-classical and classical eras.

This book deals only with one aspect of this literature, namely, the maxims and quotations of the pre-classical period and how they may support, improve and enrich your life.

Role of Maxims and Quotations

Ethical maxims and quotations play a significant role in shaping our every-day life and social interactions with others, as they embody simple rules to memorize and follow and thus make our life easier as they provide a level of assurance that we are doing the right and accepted thing.

According to various sources the first maxims and quotations, at least in the Greek world, if not in all countries and cultures of the Western civilized world, were written by the seven sages of ancient Greece who lived in pre-classical Greece.

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The Seven Sages (of ancient Greece) or Seven Wise Men was the title given by ancient Greek cultural tradition to seven early 6th century B.C. philosophers, poets, rulers, statesmen and law-makers who were renowned in the following centuries for their wisdom, and which is still valid today.

The seven sages were Bias, Chilon, Cleovoulos, Periandros, Pittacos, Thales, and Solon. They lived in ancient Greece over 600 years B.C. and before the advent of the classical Greek philosophers, like Socrates, Plato, Aristotle, etc. Their maxims and quotations set the background for the development of the classical Greek philosophy.

Some data about the Seven Sages

Some data about their life and an example of their maxims and quotations are presented next.

1. **Bias:** Bias was in Priene, an Ancient Greek City in Ionia, north of Militos, in Asia Minor (present-day Turkey). He lived in Priene in the sixth century B.C. (ca. 625–540 B.C.). He was considered as one of the seven sages (wise men) of Ancient Greece.
   Aristotle esteemed the wisdom of Bias. So did Plato who praises Bias, and Pittacos. Heracleitos had a very high respect for Bias and Pittacos. Also Plutarch, in his famous 'Dinner of the seven sages', refers to all seven sages with the highest remarks.

2. **Chilon:** Chilon was born in Sparta. He lived in Sparta in the sixth century B.C. (born ca. 560 B.C.), and he was a law-maker, political leader and a poet. He was considered as one of the seven sages (wise men) of Ancient Greece.
   He was considered as one of the seven sages (wise men) of Ancient Greece.
   Plutarch, in his famous 'Dinner of the seven sages', refers to Chilon and the other sages with the highest remarks.

3. **Cleovoulos:** Cleovoulos was the son of Evagoras. He was born in Lindos, on the island of Rodos. He lived in the sixth century B.C., and he was the ruler of Lindos. He was considered as one of the seven sages (wise men) of Ancient Greece.
   He studied philosophy in Egypt, and had a daughter named Cleovulina, who used to compose enigmas in hexameter verse, that were said to be of no less significance than his own.
   Plutarch, in his famous 'Dinner of the seven sages', refers to Cleovoulos and all the other sages with the highest remarks.

4. **Periandros:** Periandros was born in Corinth. He lived in Corinth in the sixth century B.C. (ca. 627–587 B.C.), and he was its ruler. He was considered as one of the seven sages (wise men) of Ancient Greece.
   Plutarch, in his famous 'Dinner of the seven sages', refers to Periandros and the other sages with the highest remarks.

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5. **Pittacos:** Pittacos was born in Mytilini on the Greek island of Lesvos. He lived in Mytilini in the sixth century B.C. (ca. 650–570 B.C.), and he was a political and military leader. He was considered as one of the seven sages (wise men) of Ancient Greece.
   Plato praises Pittacos. Heracleitos also had a very high respect for Pittacos, and Plutarch, in his famous 'Dinner of the seven sages', refers to Pittacos and the other sages with the highest remarks.

6. **Solon:** Solon was born in Salamis, an island near Athens. He lived in Athens in the sixth century B.C. (ca. 640–560 B.C.), and he was a law-maker, political reformer and a poet. He was considered as one of the seven sages (wise men) of Ancient Greece.
   In 594 BC he was made governor (archon) of Attica, in order to subdue the civil disorder that was rampant there. He introduced a set of ordinances (called seisachtheia), that did much to improve conditions.

   The 'seisachtheia' laws immediately cancelled all outstanding debts, retroactively emancipated all previously enslaved debtors, reinstated all confiscated serf property to the 'hektemorioi', and forbade the use of personal freedom as collateral in all future debts. A ceiling to maximum property size was also instituted regardless of the legality of its acquisition (i.e. by marriage), meant to prevent excessive accumulation of land by powerful families.

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His ordinances were such a success that he was given the task of rewriting the constitution, creating what was later called the Solonian Constitution. Plutarch, in his famous 'Dinner of the seven sages', refers to Solon and the other sages with the highest remarks.

7. **Thales:** Thales was born in the Ancient Greek City of Militos, in Ionia, in Asia Minor. He lived in Militos in the sixth century B.C. (ca. 624–546 B.C.), and he was a scientist, a philosopher, and the founder of the Ionian school of natural philosophy. He was considered as one of the seven sages (wise men) of Ancient Greece.

   Aristotle, the major source for Thales's philosophy and science, identified Thales as the first person to investigate the basic principles, the question of the originating substances of matter and, therefore, as the founder of the school of natural philosophy. Thales was interested in almost everything, investigating almost all areas of knowledge, philosophy, history, science, mathematics, engineering, geography, and politics. He proposed theories to explain many of the events of nature, the primary substance, the support of the earth, and the cause of change.

   Thales was much involved in the problems of astronomy and provided a number of explanations of cosmological events which traditionally involved supernatural entities. His questioning approach to the understanding of heavenly phenomena was the beginning of Greek astronomy. Thales's hypotheses were new and bold, and in freeing phenomena from godly intervention, he paved the way towards scientific endeavour.
   Plutarch, in his famous 'Dinner of the seven sages', refers to Thales and the other sages with the highest remarks.

Maxims of the Oracle of Delphi and Quotations of the Seven Sages

The maxims of the Oracle of Delphi are attributed to the Seven Sages. These were made up of very brief quotations (two to five words) full of wisdom and moral values. These maxims, 147 in total, were inscribed in the frontal columns at the temple of the god Apollo, at the Oracle of Delphi. They were copied on single marble tablets and were transported to all parts of the Ancient Greek World, as the writing on paper or on parchment was not known at the time.

The quotations and sayings of the Seven Sages were made up of more than five words and were full of wisdom and moral values.

These Oracle of Delphi maxims and the quotations and sayings of the Seven Sages cover all areas of living, such as:

1. **Religiosity** (faith, worship, religious behavior, God, praying, etc.), detailed in Chapter 2,
2. **Governance** (protect home country, society, laws, ruling), presented in Chapter 3,

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3. **Managing Property** (wealth, protection of self and property, profit, finance, etc.), outlined in Chapter 4,
4. **Principles, Virtues and Values for Association with Others** (friendship and love, peace and hate, anger, justice, honor, goodness, murder and vice, wisdom, mercy and forgiveness, and happiness), described in Chapters 5, 6 and 7,
5. **Personal Skills** (self-control, efficiency, effectiveness, hope, fortune, etc.), analyzed in Chapter 8,
6. **Knowledge, Education and Training**, presented in Chapter 9, and
7. **Family, Values and Conduct in Life** (marriage, family, wife, children and parents, conduct and virtues during life, and death), outlined in Chapter 10.

An example of the maxims of the Oracle of Delphi and the quotations and sayings of the Seven Sages are: 1. Follow God; 2. Worship God; 3. Obey the law; 4. Respect your parents; 5. Be overcome by justice; 6. Base your knowledge on learning; and 7. Know yourself.

Quotations and Sayings of other pre-classical Greeks

Quotations and sayings of other pre-classical Greek noted thinkers like Aesop (world's most famous story-teller), Heraclitus (one of the greatest pre-classical philosophers), Hesiod (world's first economist), Homer (world's greatest poet) and Pythagoras (philosopher, mathematician and best-known for his Pythagorean Theorem) are included in chapters 2 to 10, as described above.

Conclusion

In closing, how the maxims, quotations and sayings of the Seven Sages and other pre-classical Greeks may improve and enrich your life in terms of aspects of religion, wealth management, friendship, kindness, etc., are included in chapters 2 to 10.

How these noted thinkers have influenced western thought and civilization is presented in chapter 11 ('Pre-Classical Ancient Greek Influence').

Finally, an action plan that incorporates all the ideas presented in chapters 2 to 10 on individual aspects of your life into an integrated whole is outlined in the final chapter (Chapter 12: Epilogue) of this book.

This book offers you more practical help that may transform, sustain better, manage and enrich your life. It is not a magic formula or happiness pill. It can support you when you wish consistently to build your inner strength, self-love and the deeply motivating feeling that you and your family truly deserve more friendship, love, goodness, kindness and great things in your own personal and family life.

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2 Connecting to the Supreme Being

Overview

'Connecting to the Supreme Being' is the ***first milestone of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Religion*** presented in this chapter have the power to strengthen your spiritual aspects to enable you to reach this milestone more effectively and fully.

Introduction

Connecting to the Supreme Being associates you and companies with the ultimate source of power. It is the first milestone (connect to the Supreme Being) of your personal discovery journey to a better life. Believing in the Supreme Being, Religion and their manifestations (faith, beliefs) and tools (prayers and meditation), links and connects your internal psyche (soul) to the eternal power source of the Supreme Being. It does the same, I believe, to corporations and business organizations, as they are living organisms, and as such, their corporate soul, being the collective soul of all people making it up, needs nourishment and re-orientation to reach their business goals.

The Seven Sages guide us: 'Follow God'; and 'Worship God'.

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Ancient Greeks and Religion

The gods and goddesses of ancient Greeks were based on the Logos (reason) rather than revelation, as are current world religions. These gods and goddesses were, in most cases:
Universal, Friendly, Good, Kind, Benevolent, Just, Truthful,
Merciful and Compassionate, to all forms of life in the Universe.

Pythagoras proposes: 'God embraces all and actuates all, and is but One. All life is one, and God is one'.

The ancient Greeks guide us to remember that all our goods and qualities are provided to us by The Supreme Being (God, Jehovah, or any other of the 65 or so names given by human religions) and should therefore be used to improve the life of others beside our own.
The Seven Sages remind us: 'Thank Gods for whatever good comes your way, not yourself'; and 'Honor divine providence'.

Religion today

In today's terms, religion and its manifestations (faith, believing, praying, meditation, ethics, etc.) are quite important for both your personal life and your business activities. Unfortunately, people and businesses in many western societies are not so religious and their morality is deteriorating as evidenced by increased incidents of corporate frauds, crimes and social unrests and personal unhappiness.

The ancient Greeks were quite religious and devoted to their gods and goddesses as expressed very clearly in their daily life, community activities and the sayings and works of their ancient wise men.

Aesop advises: 'As God helps the just people, so he (God) is set against the unjust people'.

Heraclitus adds: '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.'.

They also prayed to their gods and goddesses, as the Seven Sages instruct: 'Pray for happiness'; and 'Pray to fortune'.

Quotations and stories on Religion and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) as well as one **fable,** of noted ancient Greek thinkers of the pre-classical period over 26 centuries ago, on **God** and other related manifestations, are offered for your consideration next.

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1. Guidance Quotations related to God

Hesiod says: '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 adds: 'Gods know everything very well'.

Pythagoras instructs: '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'; and '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.

Seven Sages recommend: 'Do have relationships with Gods'; and 'You should state that Gods exist'.

2. Guidance Quotations related to Divine Temples

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

3. Guidance Quotations related to Divine Punishment

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

4. Aesop's Fable on God

I also find the following Fable by Aesop on God quite relevant.

Aesop's story of '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 to me, at least, is that some men underrate their best blessings and do not feel grateful for anything given to them by God.

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Conclusion

In closing, my **two favourite quotations** in this regard are**:**

First: 'Follow God', by the Seven Sages inscribed in marble at the Oracle of Delphi, and

Second: 'God embraces all and actuates all, and is but One. All life is one, and God is one', by Pythagoras.

They are simple catch-phrases, easy to remember and easy to communicate to others and full of meaning without being dogmatic in any formal religious sense. When recalled, silently or not, they can permeate your thoughts and soothe your inner psyche (soul).

They do not need an altar or other religious building to be exercised or uttered. They can be recalled anywhere: in your work, when you travel, when you listen to music, when you read a book, when you drink a cup of coffee or tea, when you walk up a mountain, when you look at a beautiful forest or the blue sea.

Believing in the Supreme Being, Religion and Faith impact your questioning, reasoning, ethics, behavior and the way you think and carry out your activities in your everyday life.
All these provide you with the moral ground and inner strength for doing and thinking the way you do.

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The power of faith and the practice of praying and meditation have proven tremendous to most people, according to several studies and practical findings of professionals who have had the chance to see their wonderful results to their own life and the life of others.

Examining the ancient Greek ways of believing in The Supreme Being, faith and religion: helps you, at the personal level, monitor and get back to the right way to travel the difficult road of your life's journey to reach peace and tranquility; and enables the company you manage, own or work for, to operate in a more moral and just way so that it benefits society more.

Golden Rules on Religion

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more spiritual and social way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Religion**'.

Rule 1: Believe in The Supreme Being and the goodness of God.

Rule 2: Build and use your religious values to sustain your moral character and improve yourself and your business activities.

Rule 3: Pray to God and meditate regularly to find peace and harmony.

Rule 4: Infuse your religious and moral values into your personal life and business activities.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As Pythagoras reflects: 'True religion consists in the knowledge of Self, the knowledge of God, and the following of God.'

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3 Improving your Governance and Law aspects

Overview

'Learning how to govern better' is the ***second milestone of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Governance*** presented in this chapter have the power to strengthen your aspects of governance to enable you to reach this milestone more effectively and fully.

Introduction

Governance and Laws link you and corporations with your community. It is the second milestone (learn how to govern better) of your personal discovery journey to a better life. These are required for humans to survive and for corporations to operate in a just and moral way. They are considered crucial and fundamental for organized living and for establishing, maintaining and sustaining individual persons, families, business organizations, nations, economies, and human society.

The Seven Sages guide us:
'Obey the law'; and
'Your laws should be old, your dinners fresh'.

Heraclitus adds: 'We should fight for our laws in the same way that we fight for our country'.

Ancient Greeks and Governance

The ancient Greeks had a lot of different kinds of governments, because there were many different city-states (poleis) in ancient Greece, and they each had their own type of government.

For the most part, ancient Greece began by having monarchies, then oligarchies, then tyrannies and then democracies, but at each period there were plenty of city-states using a different system, and there were many which never did become democracies or tyrannies at all.

Pythagoras advises: 'Good government can be firmly effected if the rulers are equal in all things to the citizens, and surpass them in nothing else than justice'.

The most notable example of a democratic system was that of Athens, first established and strengthened by Solon, one of the Seven Sages of Ancient Greece. The governance system of Athens, as a Greek City-state, or Polis, is arguably the greatest political system ever created – remarkable given its appearance some 2600 years ago.

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Aesop instructs: 'Even the worst government is better than anarchy'; and the **Seven Sages** complement: 'Democracy is better than the power of tyrant'.

The ancient Greek world had no single system of law; individual states like Athens, Sparta, etc., instead formed their own political and legal systems, although these were arguably based largely on the same general principles.

Pythagoras says: 'Only when you learn how to be governed, you will know how to govern'.

Two of the most famous law givers in Athens were Draco and Solon, one of the Seven Sages of Ancient Greece. Other noted ancient Greek lawmakers were: Kleisthenis and Efialtis (Athens); Lycurgus and Chilon (Sparta), one of the Seven Sages of Ancient Greece; and Zalefkos (Greek colony of Epizefirious Locrous in Southern Italy).

Draco (c. 621 BC) according to Aristotle introduced the first written Athenian laws which were very harsh. The term draconian has come to be used to refer to any unusually harsh law. For example, death was prescribed for almost all criminal offenses. Solon, who was the archon (magistrate) in 594 BC, later repealed Draco's code and published new laws, retaining only Draco's homicide statutes.

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Solon (born *c.* 630 BC–died *c.* 560 BC), Athenian statesman and poet, was considered one of the Seven Sages of ancient Greece. He ended exclusive aristocratic control of the Athenian government, substituted a system of control by the wealthy, and introduced a new and more humane law code. He implemented the *seisachtheia* laws (Greek: from *seiein*, to shake, and *achthos*, burden, i.e. the relief of burdens) which immediately cancelled all outstanding debts, retroactively emancipated all previously enslaved debtors, reinstated all confiscated serf property to the debtors, and forbade the use of personal freedom as collateral in all future debts.

Governance today

In today's terms, we must take care to ensure that we are governed by effective democratic and moral leaders which should be chosen and elected by the full and open democratic process. This means that all people should have an equal say in the decisions that affect their own life, their businesses and the lives of their families. In modern times this is manifested as the rule of law, which means that no person is above the law and that the law is above everyone and that it applies equally to everyone. Whether rulers or ruled, no one is above the law, no one is exempted from the law, and no one can grant exemption to the application of the law, under any circumstances.

Pythagoras proposes very wisely: 'By orderly conduct and temperance, rulers should become examples both to their own families and to the city in which they live'; and the **Seven Sages** complement: 'Do not use insolence to govern'.

Unfortunately, people and businesses in many western societies are not so law-abiding and their commitment to their government and country is deteriorating as evidenced by increased incidents of crimes, other unlawful acts and social unrest.

The ancient Greeks were quite lawful and believed in their governance systems as expressed very clearly in their daily life, community activities and the sayings and works of their ancient wise men.

The Seven Sages recommend**:** 'Be interested in public affairs'; and 'To your co-citizens always advise the best'.

Quotations and stories on Governance and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) as well as one **fable,** of noted ancient Greek thinkers of the pre-classical period over 26 centuries ago, on **Governance** and other related manifestations, are offered for your consideration next.

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1. Guidance Quotations related to Law

Pythagoras teaches: 'Golden Verse 13. In the next place, observe justice in thy actions and in thy words'; 'Golden Verse 14. And accustom not thyself to behave thyself in anything without rule, and without reason'; and 'Golden Verse 25. Let no man either by his words, or by his deeds, ever seduce thee'.

2. Guidance Quotations related to Attitude on Governance

Homer instructs: 'No governor of a country should be indifferent when its people have entrusted their country to him (or her)'.

Seven Sages guide: 'Do not be insolent towards your co-citizens'; 'Fear rulers (and ruling)'; and 'When you rule as a chief, you should adorn yourself'.

3. Guidance Quotations related to Protection of Homeland

Homer reflects: 'One of the sweetest things that exist is our mother country'.

Seven Sages advise: 'Consider as your enemy the enemy of the people'; and 'Die for your mother country (or fatherland or homeland)'.

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4. Aesop's Fable on Governance

I also find the following Fable by Aesop on Governance ('A mother crab and her son') quite relevant.

'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, at least to me, that example is more powerful than precept.

Conclusion

In closing, my **two favourite quotations** in this regard are**:**
First: 'Obey the law', by the Seven Sages inscribed in marble at the Oracle of Delphi, and
Second: 'Even the worst government is better than anarchy', by Aesop.

These simple phrases, easy to remember and easy to communicate to others are full of meaning without being dogmatic in any sense. They may be recalled, silently or not, and this way can infiltrate your thoughts and soothe your inner psyche (soul).

One of the most famous sayings related to what Spartan mothers said to their sons in regards to **defending their country** with their armor including their shields when they were going to war was: 'Either with it or upon it' meaning that if they win in battle they will come back with it, or if they die in battle they will come back on it.

The power of governance and laws is extraordinary in our personal and business lives. Governance policies and laws of both governments and corporations impact all areas of our lives – environment, poverty, over-population, social cohesion, climate change, education, happiness, abuse of planetary resources, citizenship, taxation, education, etc.

Billions of (Canadian, U.S., Australian) dollars and other currencies (Euros, British Pounds Sterling, Yuan, etc.) are spent all over the world on implementing policies that are not, in many cases, linked with the quality of life of those people most affected by that policy.

Examining the ancient Greek ways of enacting laws and designing and implementing systems of governance helps us to view where we may have gone wrong so that we change our ways of running our personal and family lives and business entities in a more optimal and just way.

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Golden Rules on Governance

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more social way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Governance**'.

Rule 1: Practice democracy.

Rule 2: Govern by example.

Rule 3: Only capable and virtuous men or women should govern.

Rule 4: Laws and regulations should apply equally to all.

Rule 5: Protect your family, company, community and country.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As Pythagoras reflects in his 'Enigma 18':
'Do not tear the crown to pieces', meaning that it is quite wrong to undermine or injure or violate your own country and its laws.

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4 Managing your Wealth Better

Overview

'Managing your wealth better' is the ***third milestone of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Wealth Management*** described in this chapter have the power to strengthen your aspects of wealth to enable you to reach this milestone more effectively and fully.

Introduction

Wealth sustains you and companies and ensures the long-term survival, prosperity and longevity of all: yourself; your family; the company you work for; the business you own or manage; your nation and its social, educational, health and other infrastructure; and your community and society. It is the third milestone (manage your wealth better) of your personal discovery journey to a better life.

The Seven Sages set the tone:
'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'; and
'Do not get rich in a bad way'.

Ancient Greeks and Wealth

The ancient Greeks were quite happy with less wealth as expressed very clearly in their daily life, community activities and the sayings and works of their ancient wise men.

For example, **Lykurgus,** the king of Sparta (776 BC) and one of its greatest law-makers, forbade the use of money in gold and silver and in their place issued iron money, too heavy and of very little value. Also Spartans were not permitted to build their houses with other tools, except the axe and the saw.

Ancient Greeks believed that we should strive to attain wealth. But we should also put it to good and beneficial use. It is quite vain to always try to acquire more and more goods, property and other riches at the expense of other virtues in life.

Heraclitus did not care very much about wealth. He said: 'May you have plenty of wealth, you men of Ephesus, in order that you may be punished for your evil ways'.

One of the most famous ancient Greek stories about greed and avarice recited by most people is the story of **King Midas and his golden touch**. The story goes like this:

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'King Midas, in ancient Greece, besought Apollo that whatever he touched might turn to gold. Apollo granted him the favor he had asked for. The greedy king was so excited that he touched all the objects…the flowers of his garden, the fountains and so on. Soon his coffers were overflowing with gold, but he was unhappy because he could not smell the flowers or eat or play with his daughter. Midas could not even eat because the food he touched turned into gold. He had to go hungry, that is when he realized how foolish his wish was. One day, the king hugged his daughter, who turned into a golden statue. Midas learned that what at first seemed a blessing can also become a curse. In grief, he besought Apollo to change his evil choice and also asked the God to free him of the favor'.

The moral of the story is: Greediness makes you and people you love unhappy.

Solon (one of the Seven Sages of Ancient Greece), implemented the *seisachtheia* laws in Athens which immediately cancelled all outstanding debts, retroactively emancipated all previously enslaved debtors, reinstated all confiscated serf property to the debtors, and forbade the use of personal freedom as collateral in all future debts.

Wealth today

In today's terms, we must take care to ensure that we are not governed by wealth and wealth alone, without due consideration to other more important things in life. No matter what we do, we will die in the end. All these riches are worthless, when they are not put to good use to help and support the less fortunate.

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

Unfortunately, people and businesses in many western societies are not so moral when it comes to wealth and profits as evidenced by increased incidents of crimes, other unlawful acts and greed.

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

Quotations and stories on Wealth and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) as well as one **fable,** of noted ancient Greek thinkers of the pre-classical period over 26 centuries ago, on **Wealth** and other related manifestations, are offered for your consideration next.

1. Guidance Quotations related to Wealth
Hesiod advises: 'Work is no disgrace: it is idleness which is a disgrace'; 'Admire a small ship, but put your freight in a large one; for the larger the load, the greater will be the profit upon profit'; 'Save little sums of money often and you will see small savings grow to large sums'; and 'Do not gain basely; base gain is equal to ruin'.

Homer reflects: 'It is terrible to become rich without knowing anything else'.

Pythagoras teaches: 'Golden Verse 17: We should desire to acquire money and, when needed, to spend it'; and

2. Guidance Quotations related to Property
Seven Sages instruct: 'Land is trustworthy, while sea is untrustworthy'; 'If you are poor, do not accuse the rich, unless you benefit much everyone'; and 'Do not praise the rich man, if he has no values'.

3. Guidance Quotations related to Loans
Seven Sages direct: 'Do not sign a guarantee when obtaining a loan'; and 'Do not give guarantees (on loans) as the misfortune is nearby'.

4. Guidance Quotations related to Managing Wealth
Aesop proposes: 'It is thrifty to prepare today for the wants of tomorrow'.

Seven Sages advise: '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'.

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5. Aesop's Fable on Wealth

I also find the following Fable by Aesop ('**A Miser**') on Wealth quite relevant.

'A Miser sold all that he had and bought a lump of gold, which he buried in a hole in the ground by the side of an old wall and went to look at daily. One of his workmen observed his frequent visits to the spot and decided to watch his movements. He soon discovered the secret of the hidden treasure, and digging down, came to the lump of gold, and stole it. The Miser, on his next visit, found the hole empty and began to tear his hair and to make loud lamentations. A neighbor, seeing him overcome with grief and learning the cause, said, "Do not grieve so; but go and take a stone, and place it in the hole, and fancy that the gold is still lying there. It will do you quite the same service; for when the gold was there, you had it not, as you did not make the slightest use of it.'

The meaning of this story, to me at least, is that it is fine to acquire wealth but not to just hold on to it; You should put it to good use as you may lose it in which case just having it proves meaningless to both you and the community.

The meaning of this story, to me at least, is that it is fine to acquire wealth but not to just hold on to it; You should put it to good use as you may lose it in which case just having it proves meaningless to both you and the community.

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Conclusion

In closing, my **two favourite quotations** in this regard are**:**
First: 'Acquire wealth in a just way', by the Seven Sages, and
Second: 'Save little sums of money often and you will see small savings grow to large sums', by Hesiod.

These simple phrases, easy to remember and easy to communicate to others are full of meaning without being dogmatic in any sense. They may make you feel good about yourself and make it easier to manage your wealth in a better way. They may be recalled, silently or not, and this way can permeate and infiltrate your thoughts and soothe your inner psyche (soul).
The power and impact of wealth is limitless in our lives.

Wealth and its manifestations (acquiring property, defining wealth, protection of self and property, handling money and wealth, profit making, and financing) are quite important for both your personal life and your business activities.

Examining the ancient Greek ways of managing wealth and acquiring property helps us to view where we may have gone wrong so that we change our ways of running our personal and family lives and business entities in a more effective and just way.
Golden Rules on Wealth

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more social and emotional way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Wealth**'.

Rule 1: Acquire, protect, manage and enjoy your wealth in a just and moral way.
Rule 2: Use your wealth to benefit not only yourself but your family, friends and others in your community.
Rule 3: Complement wealth with other virtuous activities in your life.
Rule 4: Avoid greed. Do not be greedy.
Rule 5: Work continuously. Do not let overabundance make you lazy.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagoras** reflects in his 'Enigma 38: It is horrible to wipe off the sweat with iron', meaning that it is quite wrong to deprive a man by force of what he has earned by labor. It is wrong to take an unfair profit.

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5 Adding Friendship and Love to your Life

Overview

'Adding friendship and love to your life' is the first component of the ***fourth milestone 'associating with others better' of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Friendship and Love*** outlined in this chapter have the power to strengthen your aspects of friendship to enable you to travel to this milestone more fully.

Introduction

Friendship and love, as a whole, guides you and the business organizations how to function in a more balanced and friendly manner. It is the first component of the fourth milestone (associate with others better) of your personal discovery journey to a better life.

The Seven Sages set the tone: 'Remember your friends, both, when they are near you, as well as when they are far away'; 'Listen to your friends'; and 'Treat your friends the same way, and in their good times, and in their misfortunes'.
Heraclitus adds: 'Forgiveness is preferable to punishment'.

Ancient Greeks and Friendship

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.

Pythagoras argues that friendship is of Divine origin and in its universality is triangular: Friendship of God for all creatures, Friendship of all creatures for God, and the Friendship of all creatures for one another.

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Friendship today

We are social animals. But we currently live in a competitive, fraud-prone and virtual world. Our cities and their suburbs form a vast network of urban jungles. The traditional 'see and feel' community has become a 'digital-virtual' community. The average human being, regardless of their age, country, religious affiliation, social status and economic environment they live in are connected to hundreds if not thousands of other people (friends, connections) across the globe.

Pythagoras reflects: 'Unless full faith and confidence exists there is no real Friendship';

Indeed, we might feel as if we are suddenly in no need of more friends. We have plenty of acquaintances, though perhaps very few individuals we can turn to and formulate close relationships and share deep intimacies. All these technologies nurture shallow relationships, as we connect with someone around the world in a second while we never meet them or get to know them before we call them our friends.

The **Seven Sages** advise: 'Do not acquire friends quickly. When, however, you acquire them, do not reject them quickly'; and
Pythagoras adds: 'A constant Friend is a rare thing and hard to find: Therefore friends are few';

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Quotations and stories on Friendship and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) as well as one **fable,** of noted ancient Greek thinkers of the pre-classical period over 26 centuries ago, on **Friendship** and other related manifestations, are offered for your consideration next.

1. Guidance Quotations related to Friendship

Pythagoras preaches: 'Golden Verse 7. Avoid hating your friend for a slight fault'. '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'; and 'Enigma 31: Do not give everyone your right hand, meaning that you should not be too ready to form a friendship'.

Seven Sages offer the following advice: 'Act as if you are a stranger'. 'Help your friends'. 'Respect your friends'. 'Take your time during the dinners of your friends, while be quick during their unfortunate events'.

2. Guidance Quotations related to Neighbors

Seven Sages propose: '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'; and 'Associate with your peers'.

3. Guidance Quotations related to Support of friends

Homer reflects: 'One loyal friend is nothing less than a good brother'.

Seven Sages instruct: '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'.

4. Guidance Quotations related to Love

Seven Sages advise: 'Don't slander your friend, nor praise your enemy because such a thing is unreasonable'; 'Love friendship'; 'Be benevolent to your friends'; and 'Do favors for your friends'.

5. Guidance Quotations related to Mercy and Errors

Aesop says: 'Never trust a friend who denied you while you were in grief'.

Seven Sages recommend: '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'.

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6. Aesop's Fable on Friendship

I also find the following Fable by Aesop on Friendship quite relevant.

Aesop's story of **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, to me at least, is: Misfortune tests the sincerity of friends.

Conclusion

In closing my two favourite quotations, both by the Seven Sages, are: 'Guard friendship', and 'Revere a sense of shame'. The fact that we feel shame, is a social lifesaver. It keeps us from alienating ourselves from our fellow humans in all our activities. It helps us discover what is socially and culturally acceptable in the group that we are in and it strengthens our social confidence, especially, when something goes wrong.

These simple phrases, easy to remember and easy to communicate to others are full of meaning without being strict in any sense. They may make you feel happy with yourself and make it easier for you to bond to other people you associate with in a quicker and more pleasant manner. They may be recalled, silently or not, and this way can permeate and infiltrate your thoughts and soothe your inner psyche (soul).

Examining the ancient Greek ways of friendship and love helps us to view where we may have gone wrong so that we change our ways of running our personal and family lives and business entities in a more friendly and co-operative way. And as **Pythagoras** has said over 2,500 years ago: 'A friend is an alter ego, your other self; he must be honored as God' and the **Seven Sages** complement: 'When they are unjust to you, be willing to reconcile, when they insult you, do not seek revenge'.

Golden Rules on Friendship

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more social and emotional way.

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To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Friendship**'.

Rule 1: Establish and maintain visual communication with the other person at all times.

Rule 2: Spend adequate time and concentrate on the other person.

Rule 3: Re-confirm your feelings by touching and hugging your friends, as needed.

Rule 4: Show that you care by expressing your true and wonderful feelings to the other person.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagora**s reflects in his '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'.

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6 Becoming more Harmonious and Peaceful

Overview

'Becoming more harmonious and peaceful' is the second component of the ***fourth milestone 'associating with others better' of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Harmony*** described in this chapter have the power to strengthen your aspects of harmony to enable you to travel further to this milestone more fully.

Introduction

Harmony, Peace and Justice, as a whole, guides you and the business organizations how to function in a more harmonic and peaceful manner. It is the second component of the fourth milestone (associate with others better) of your personal discovery journey to a better life.

The Seven Sages set the tone:
'Pursue harmony';
'Do not behave in a violent way';
'Pursue harmonic co-existence';
'Do away with enmities';
'Your words should be words of kindness and respect'; and
'Flee enmity'.

Ancient Greeks and Harmony

To the 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.

Heraclitus reflects: 'Opposition brings concord. Out of discord comes the fairest harmony'.

Harmony and its manifestations of peace, war, justice, honor and wisdom were well described in the works of several philosophers and playwrights as noted next.

At the level of personal life, 'harmony' (or 'ataraxia', or 'tranquility'), was substantial in attaining happiness by the ancient Greeks.

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Pythagoras believed that Harmony includes the aesthetic and beautiful in life: order, rhythm, melody, symphony, imagery, inspiration, beauty and elevated thought.

He described Justice in terms of four fundamental characteristics: 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.

Some of his noted sayings relevant to honor, justice and harmony, are: 'Golden Verse 27: Consult and deliberate before you act, that you may not commit foolish actions'; 'Enigma 70: Never sing without harp accompaniment, meaning that you should make the harmony of life full and complete'.

The greatest example of stopping the war and living in harmony and peace, at the level of city-states for all ancient Greek people were the truces (truce, in Greek, ekecheiria, which literally means 'holding of hands') proclaimed before the start of each of the ancient Greek Games.

The truces not only allowed worshippers, visitors and athletes to travel more safely; they also provided an excellent basis for peace and harmony among the Greeks. Participating city-states were restricted from military actions, wars, legal disputes and the carrying out of death penalties.

For example the Olympic truce protected athletes, visitors and pilgrims to travel safely to and from Olympia and participate in the games and festivities. The Olympic Games were held in favor of Zeus at Olympia every four years.

Harmony and Peace today

Harmony and **Peace** go hand in hand. When peace prevails after a turmoil, there is a sense of harmony and the vibrations are serene and mind-numbing. Politeness and good behavior should be the "weapons" which will allow us to reach harmony and fight hate and prohibit it from entering and mastering our hearts, souls and lives. Also justice is the biggest advantage possessed by human beings. All of us should live with this in mind in all our daily tasks and activities. By doing only this, namely living with justice, we will enable ourselves to acquire the other virtues and live in a more peaceful, happy and harmonic way.

Seven Sages instruct:
'Be overcome by justice'; 'Practice what is just';

Hesiod reflects: 'Justice has greater power than arrogance'; and Pythagoras adds: 'Harmony includes the aesthetic and beautiful in life: order, rhythm, melody, symphony, imagery, inspiration, beauty, and elevated thought'.

We should honor only good things and good, virtuous people. We should not honor bad things and bad people.

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Also wise men think before they say anything and always listen to the opinion of others before they offer their opinion.

Seven Sages instruct: 'Pursue honor'; 'Honor good deeds'; and 'Honor good men'; and Pythagoras continues in his 'Golden Verse 4': 'Honor likewise your parents and those most nearly related to you'.

It is obviously more than evident that our most pressing modern challenges, from planetary climate change to world poverty, are rooted in our disharmony with nature, among other things, and that the solution lies in our ability to regain a balance with the world around us.

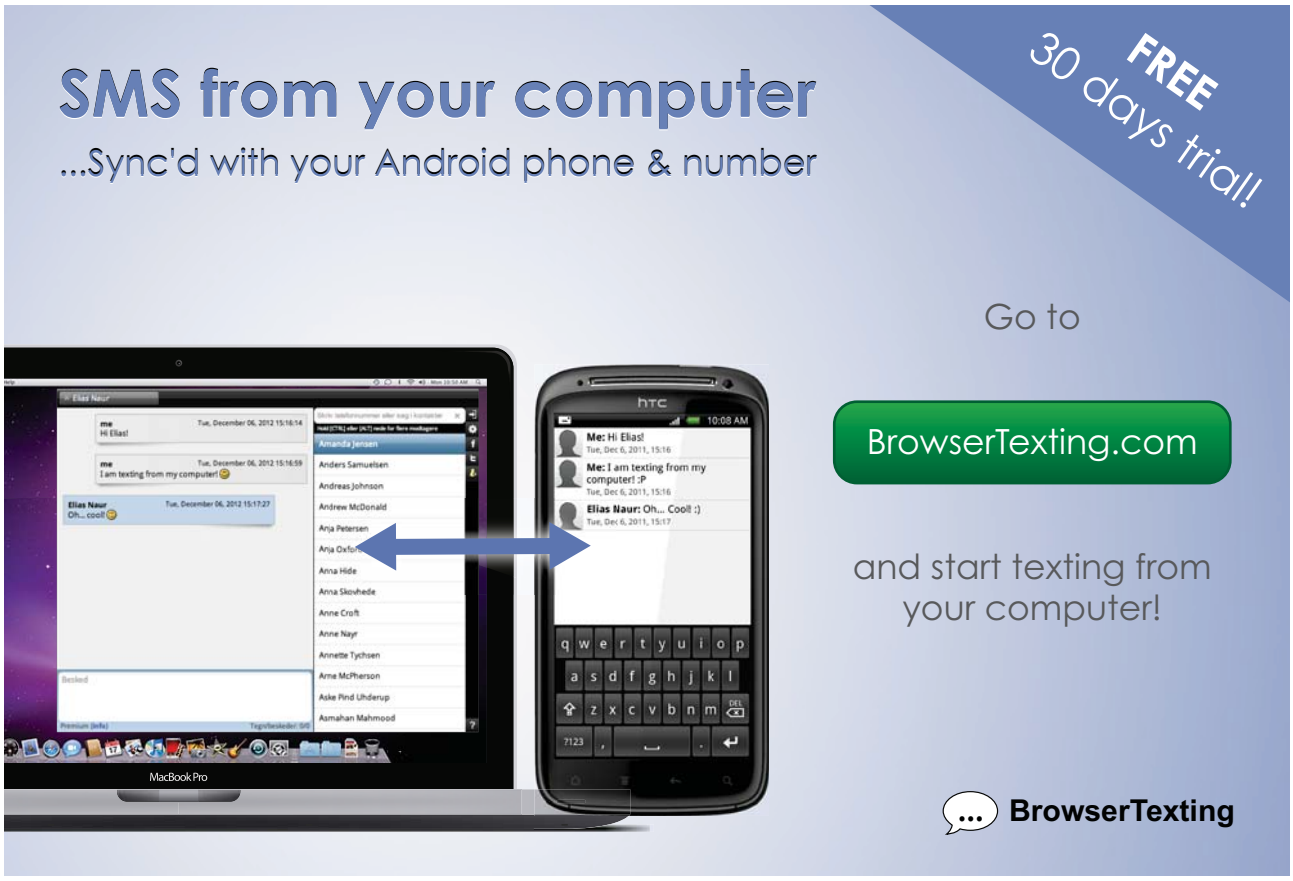
Quotations and stories on Harmony and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) as well as one **fable,** of noted ancient Greek thinkers of the pre-classical period over 26 centuries ago, on **Harmony** and other related manifestations, are offered for your consideration next.

1. Guidance Quotations related to Harmony

Pythagoras instructs: 'It is through the principle of Harmony that men have Health and Well-Being'; and 'Enigma 70: Never sing without harp accompaniment, meaning that you should make the harmony of life full and complete'.

Seven Sages add: 'Do not oppose somebody absent'. 'Never do anything with violence'. 'Destroy enmities'.



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2. Guidance Quotations related to Justice

Seven Sages direct: 'Judge according to divine law'; 'Gain possessions justly'; 'Know the person who judges'; 'Judge in a just way'; 'Judge without accepting gifts'; 'Hate injustice'; and 'Do not take the position of a judge, as in this case you will be hated by the condemned'; and

3. Quotations related to Wisdom

Seven Sages propose: 'Seek wisdom'; 'Praise virtue'; 'Exercise nobility of character'; 'Associate with the wise'; 'Do not accept thoughtlessness'; and 'Love practical wisdom'; and

Pythagoras adds in his 'Golden Verse 27': 'Consult and deliberate before you act, that you may not commit foolish actions';

4. A Fable ('A Father and His Sons') by Aesop on Harmony

I also find the following Fable by Aesop on Harmony quite relevant.

'A certain man had several sons who were always quarrelling with one another. He tried, but could not get them to live together in harmony. So he determined to convince them of their folly by the following means. He asked them to fetch a bundle of sticks and invited each in turn to break it across his knee. All tried and all failed: and then he undid the bundle, and handed them the sticks one by one, when they had no difficulty at all in breaking them. 'There, my boys', said he, 'united you will be more than a match for your enemies: but if you quarrel and separate, your weakness will put you at the mercy of those who attack you'.'

The meaning of this is that harmony brings union to the group which is stronger than each member.

Conclusion

In closing, my **two favourite quotations** in this regard are**:** 'Pursue harmony', and 'Do not behave in a violent way', by the Seven Sages.

These simple and eloquent phrases, easy to remember and easy to communicate to others are full of meaning without being strict in any sense. They may make you feel happy with yourself and make it easier for you to harmonize with other people you associate with in a quicker and more effective manner. They may be recalled, silently or not, and this way can permeate and infiltrate your thoughts and soothe your inner psyche (soul).

Examining the ancient Greek ways of harmony, peace and justice helps us to view where we may have gone wrong so that we change our ways of running our personal and family lives and business entities in a more harmonic, friendly and co-operative way.

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Golden Rules on Harmony

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more social and emotional way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Harmony**'.

Rule 1: Pursue harmonic co-existence with justice.

Rule 2: Resolve your differences with reason and peaceful negotiation.

Rule 3: Examine both your point-of-view and the other party's to help you find a mutually-accepted solution.

Rule 4: Use justice, honor and ethics to achieve harmony.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagoras** reflects in his 'Enigma 67':
'Always have salt in your table, meaning that you should always use the principle of justice to settle problems'.

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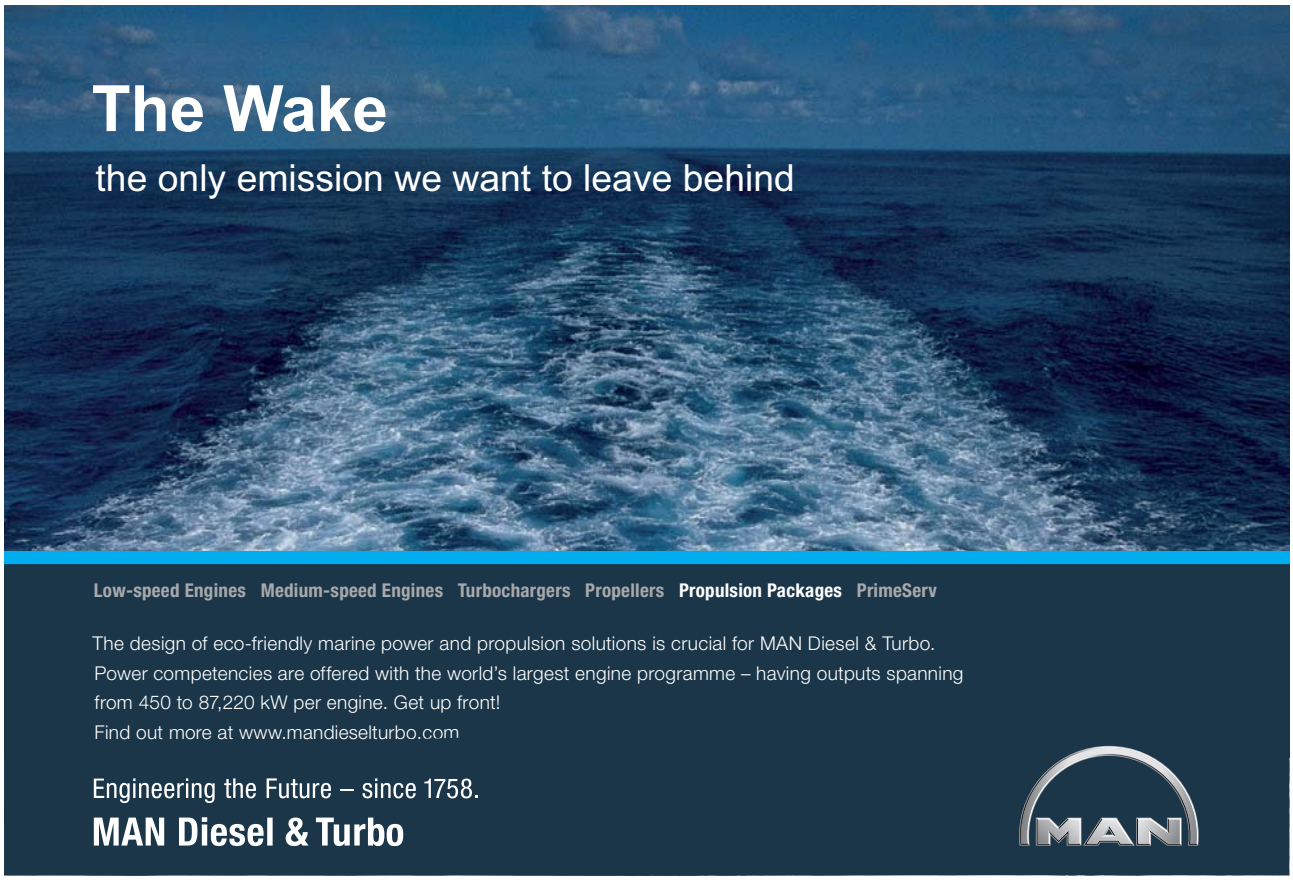
7 Adding Goodness and Kindness to your Life

Overview

'Adding goodness and kindness to your life' is the third component of the ***fourth milestone 'associating with others better' of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Goodness*** described in this chapter have the power to strengthen your aspects of goodness and kindness to enable you to finally reach this milestone better.

Introduction

Goodness and Kindness, as a whole, guides you and the business organizations how to function in a more kind and beneficial manner. It is the third component of the fourth milestone (associate with others better) of your personal discovery journey to a better life.



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The Seven Sages set the tone:
'Praise the good';
'Treat everyone with kindness and friendship';
'Do not behave in a violent way'; and
'Shun evil'.

Pythagoras adds: 'It is necessary to be good, rather than to appear so'; and 'Goodness is the health of the soul'.

Hesiod complements: 'Love and be good to the person who loves you. Associate with the one who comes to keep you company'.

Ancient Greeks and Goodness

Goodness (Kalokagathia in ancient Greek) and its manifestations in ancient Greece of kindness, hate, anger, murder and vice were most important to the ancient Greeks.

Kalokagathia is a word which has a 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.

Coming from two words, kalos meaning beautiful (outward) and noble (inward), and agathos, meaning noble, courageous, worhty of admiration. It involves notions of symmetry important to Greeks.

The twelve feats of Hercules were the most popular ancient Greek stories regarding goodness and kindness (kalokagathia) and providing philanthropic services to society.

Kalokagathia, in Ancient Sparta and its culture was expressed in what we might now term as a state of 'civic morality, patriotism, and devotion to the collective good'. In one typical case, even though a wise opinion offered by a bad man was widely accepted by the Spartan society, it was not attributed to him, but to another man who lived honorably.

Heraclitus reflects: 'Deliberate violence is more to be quenched than a fire'.

The views of Pythagoras are shown very well in several of his verses and enigmas:
'Golden Verse 7: Avoid as much as possible hating thy friend for a slight fault'.
'Golden Verse 9: Know that all these things are as I have told you and accustom yourself to overcome and vanquish these passions: First gluttony, sloth, sensuality, and anger'.
'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.

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Goodness and Kindness today

We should never let hate enter our hearts and souls because it destroys every nice sentiment we have. Politeness and good behavior are the 'weapons' which will allow us to fight hate and prohibit it from entering and mastering our hearts, souls, lives and business activities.
The Seven Sages remind us: 'Hate violent and offensive behavior'; 'Behave with gentleness to others'; and 'Guard against violent and offensive behavior'.

As our passions, many times, cannot be controlled easily, we may do things for which we will be sorry for later. For this exact reason we must check our passions to ensure that we act after we consider the issues logically.

The power and impact of kindness and goodness is without upper limits and bounds in our lives.

Every person has experiences of sorrow, joys, hopes, etc. with which to share with another. In sharing one's inner life with another one comes to live not just one life but two. The inner life of another that is known to God alone becomes to a much less degree open to us through friendship.

We should also all remember that the fruits of our spirit are goodness and kindness.

Goodness and kindness make society and its members (people like you) better and are part of what is called 'humanistic psychotherapy', this being a technique used by experts to improve your personal growth and self-awareness. Kindness is a behavior driven by the feeling of compassion. Compassion is an emotion that cannot be seen or touched, but can only be felt in our inner life. The feeling of compassion develops when we take seriously a troubled person's stressful reality, including his or her emotional state and external circumstances.

In our western competitive society, kindness is not awarded the same value or status as the attributes of money, power, beauty, and fame. Kindness is not viewed as being critical to personal success in everyday interactions. Kindness is often thought of as doing something nice or extra for a person when it is convenient or when such an act will receive ample public approval and praise.

The Seven Sages advise us: 'Do not beautify your external appearance, but you should look to become good in your behavior'.

Quotations and stories on Goodness and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) as well as one **fable,** of noted ancient Greek thinkers of the pre-classical period over 26 centuries ago, on Goodness and other related manifestations, are offered for your consideration next.

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1. Guidance Quotations related to Goodness

Seven Sages propose: 'Believe in good luck'; and 'Struggle without losing your good reputation'.

2. Guidance Quotations related to Gratitude and Kindness

Aesop reflects: 'No act of kindness, no matter how small, is ever wasted'.

Seven Sages instruct: 'Be grateful'; 'Gratify without harming'; 'When you have, give freely'; and 'Give what you mean to give'.

3. Guidance Quotations related to Badness

Hesiod reminds: 'When you do bad things to others, you will also experience the same'.

Homer reflects: 'When our friends are bad, they can only do bad things'.

Seven Sages command: 'Do not accept bad things'; 'Bypass whoever you personally feel as bad'; 'Do not associate with bad people'; and 'Most people are bad people'.

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4. Guidance Quotations related to Hate, Anger and Vice

Seven Sages instruct: 'Hate a false accusation'; 'Do away with enmities'; 'Never do anything with violence'; 'Destroy enmities'; 'Remain calm against rugged people, so that they are ashamed rather than feared of you'; 'Shun murder'; 'Despise strife'; 'Detest disgrace'; 'Despise evil'; and 'Be a friend to virtue, and a stranger to vice'.

5. A Fable ('A Sick Stag') by Aesop on Goodness

I also find the following Fable by Aesop on Goodness quite relevant.

'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.

Conclusion

In closing, my **two favourite quotations** in this regard are**:**

'Treat everyone with kindness and friendship' and 'Praise the good', by the Seven Sages.

These simple and eloquent phrases, easy to remember and easy to communicate to others are full of meaning without being strict in any sense. They may make you feel happy with yourself and make it easier for you to be good and kind to other people you associate with in a quicker and more effective way. They may be recalled, silently or not, and this way can permeate and infiltrate your thoughts and soothe your inner psyche (soul).

Examining the ancient Greek ways of goodness and kindness helps us to view where we may have gone wrong so that we change our ways of running our personal and family lives and business entities in a more kind and beneficial way. And as **Pythagoras** has said over 2,500 years ago: 'Virtue is the power of getting Good with justice'.

Golden Rules on Goodness and Kindness

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more social and emotional way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Goodness and Kindness**'.

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Rule 1: Be beneficial by using goodness, kindness, your time, mind and any material goods or resources you can find.

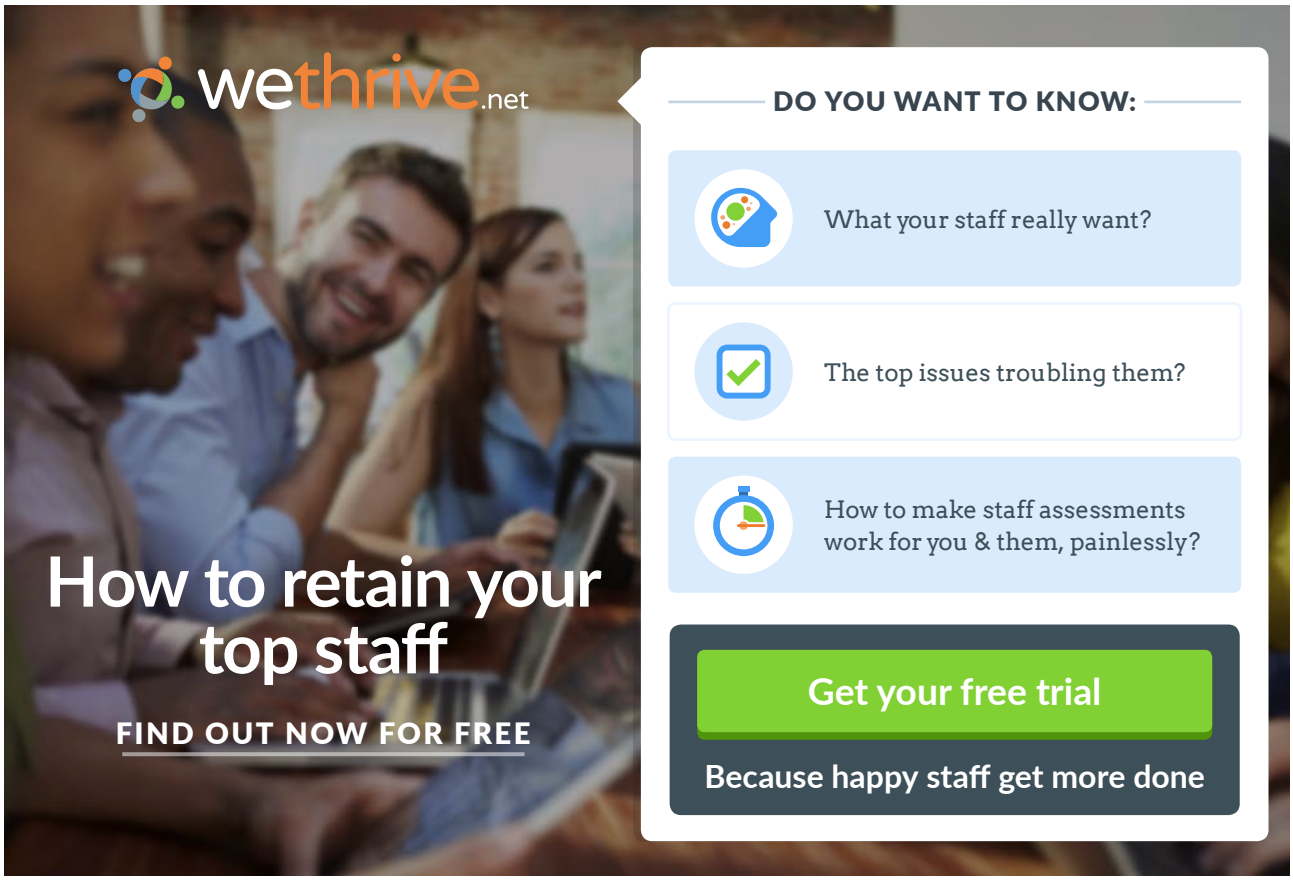
Rule 2: Be positive and calm by avoiding anger and vice.

Rule 3: Be grateful to those who support you including God.

Rule 4: Be magnanimous and forget and forgive errors and coach yourself and others to learn by their mistakes.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagoras** reflects in his 'Enigma 95: Avoid the weasel', meaning that you should avoid association with sly, cunning, cruel, ruthless and bloodthirsty persons.



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8 Managing yourself Better

Overview

'Managing yourself better' is the ***fifth milestone of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Self-Management*** described in this chapter have the power to strengthen your aspects of self-management to enable you to reach this milestone more effectively and fully.

Introduction

Self-Management and its manifestations, as a whole, facilitate and improve both your personal aspects and business operations.
It is the fifth milestone (manage yourself better) of your personal discovery journey to a better life.

The Seven Sages set the tone: 'Control your anger'; 'Take with persuasion, not with violence'; 'Know yourself'; 'Control yourself'; 'Nothing in excess'; and 'Moderation, i.e., a standard measure, in all things is the best'.

Aesop adds: 'Every human act should not be judged by the speed it is implemented by, but by the perfectness it has achieved'.

Hesiod complements: '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'.

Ancient Greeks and Self-Management

Achieving peace of mind, self-restraint, self-discipline and self-control, managing your own self, exhibiting the value of self-restraint (ancient Greek *sophrosyne*), overcoming the weakness of will (expressed in the concept of ancient Greek *akrasia*), being active and industrious (the opposites of laziness) and controlling and improving yourself were some of the basic tenets of life in ancient Greece.

Heraclitus reflects: 'It pertains to all men to know themselves and to be temperate'.

Pythagoras proposes: **'**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. In his golden verse number 42, instructed that everyone, on a daily basis, should ask himself (or herself) the following three questions:

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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.

Self-Management today

Being active and industrious (the opposites of laziness) and controlling and improving yourself are still some of the basic tenets of life in modern western society as it was in ancient Greece.

If you are lazy then you will not likely to get anywhere in your life and will always remain confused and imbalanced. The biggest attribute of laziness is that we don't understand its negative effects on the right time. Laziness may also lead to mental disorders as it affects our body, our mind and eventually our health. Due to laziness, the blood does not circulate properly in our body and this leads to decrease in the quantity of pure blood in our body. If the body parts do not get the pure blood, they become less efficient and the energy level of the person decreases.

The brains of lazy persons do not function properly. They have a weak memory. They take much time to answer any question. Sometimes, they don't even understand the question, thus, become unable to answer them. To become intelligent, skillful and efficient we should quit laziness first. We must all try to be better and fight to be more effective and efficient in all our activities. When we fight in a positive and moral way we become more competitive and effective.

Our stronger opponent is not our enemy but our self. This is why we must learn to control and improve ourselves. Not only for ourselves but also for the betterment of the greater community in which we live and survive.

The **Seven Sages** guide us: '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'.

Quotations and stories on Self-Management

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) of the Seven Sages as well as one **fable by Aesop,** on Self-Management and other related manifestations, are offered for your consideration next.

1. Guidance Quotations related to Self-Control
'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'; 'Respect yourself'; and 'Exercise prudence'.

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2. Guidance Quotations related to Personal Character

'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'; and 'Don't do yourself, what you don't like in others'.

3. Guidance Quotations related to Trust

'Do not reveal entrusted secrets'. 'Do not trust fortune'. 'Do not trust all people'. 'Return goods that have been entrusted to you'.

4. Guidance Quotations related to Truth

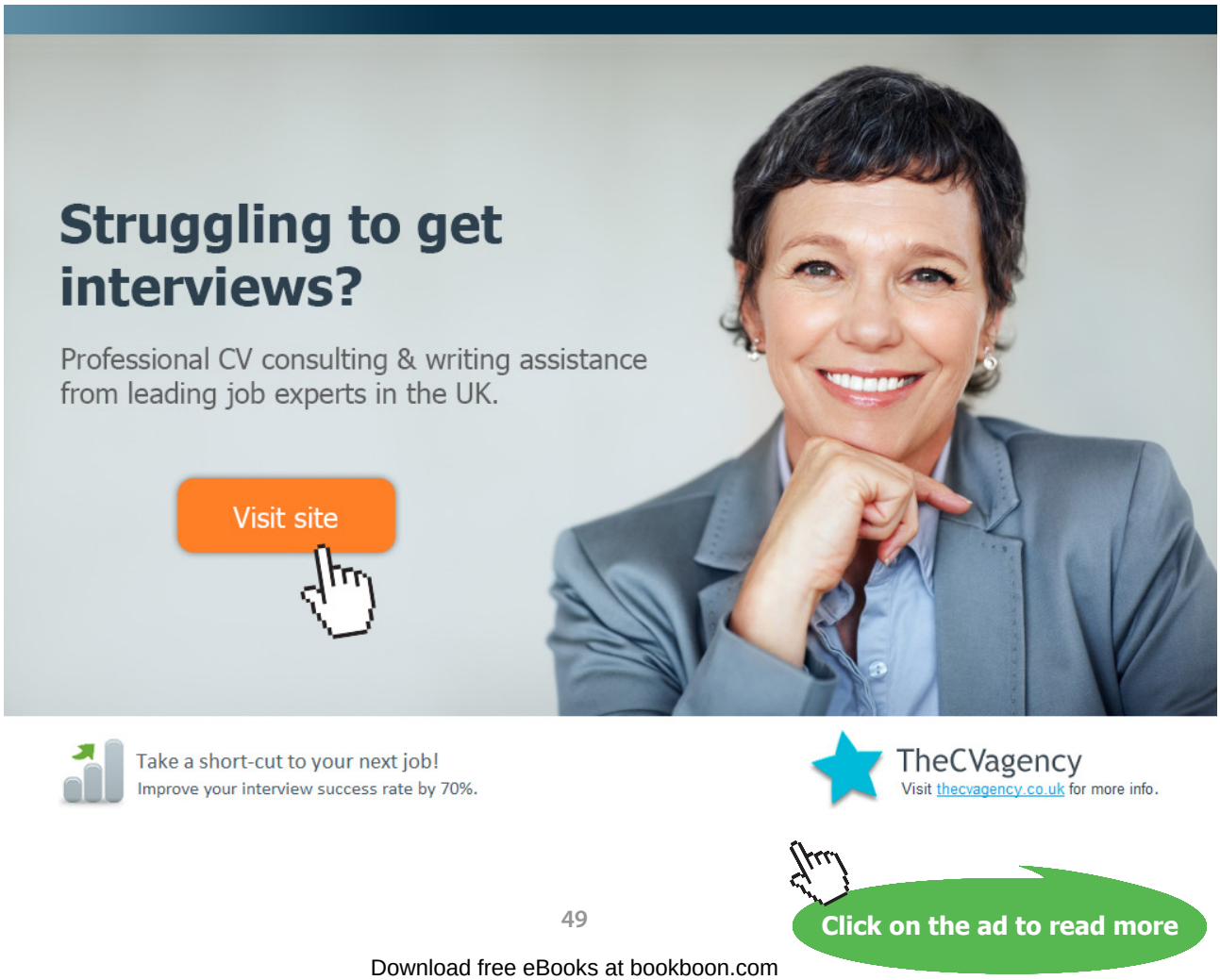
'Do not allow false accusations to influence you against persons that have earned your trust'. 'Do not lie but tell the truth'.

5. Guidance Quotations related to Listening

'Listen to everyone'. 'Like to listen and do not say too much'. 'Listen to everything'.

6. Guidance Quotations related to Speaking

'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'.



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7. Guidance Quotations related to Silence

'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'.

8. Guidance Quotations related to Decision Making

'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'.

9. Guidance Quotations related to Effectiveness

'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'.

10. Guidance Quotations related to Hope & Fortune

'Wish for things possible'. 'Praise hope'. 'Be fond of fortune'. 'Do not laugh at the person who is unfortunate'.

11. Guidance Quotations related to Punishing & Repentance

'Do not be happy by punishing those who commit errors, but you should also hinder those who are willing to commit them'. 'When you err, repent'.

12. A Fable ('The Tortoise and the Eagle') by Aesop on Self-Management

I also find the following Fable by Aesop quite relevant.

'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.

Conclusion

In closing, **my favorite quotations** authored by the **Seven Sages**, inscribed in marble at the Oracle of Delphi, are: 'Know yourself'; and 'Nothing in excess'.

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These maxims will likely enlighten you and help you reach perfection. All aspects of your life should aim at self-discovery of your body, mind and spirit. No one could hide from the fact of who they are and their relationship to others, to their family, to their ancestors, to their community, and to their own country. Also 'Nothing in excess', means that in all aspects of life, politics, ethics, aesthetics, culture, art, architecture, psychology, family life, wealth creation, etc., we should desire wealth, not as the main goal. We should aim to acquire the appropriate wealth mindset without forgetting all other aspects of life.

Examining the ancient Greek ways of self-management and effectiveness helps us to view where we may have gone wrong so that we change our ways of managing our self and how we are managing our personal and family lives and business entities. And as **Pythagoras** has said over 2,500 years ago: 'The utmost happiness is to be found in Peace of Mind'.

Golden Rules on Self-Management

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more social and emotional way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Self-Management**'.

Rule 1: Be modest and humble.

Rule 2: Manage your passions well.

Rule 3: Keep positively active.

Rule 4: Have a vision and set achievable goals both in your personal life and business activities.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagoras** reflects in his '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.

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9 Improving your Education and Learning

Overview

'Improving yourself with knowledge' is the ***sixth milestone of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Education*** described in this chapter have the power to strengthen your aspects of knowledge acquisition to enable you to reach this milestone more effectively and fully.

Introduction

Education and Learning helps you cultivate and enhance your personal skills and psyche (soul) and corporations to improve their knowledge so that both can serve others better.

The Seven Sages set the tone:
'Concentrate on education';
'Base your knowledge on learning';
'Exercise knowledge and skills in profession, trade or science'; and
'Educate your children'.

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Hesiod adds: 'Study will give you the best result in each task you undertake'.

Pythagoras reflects: 'Many that have great learning have no intellect'.

Ancient Greeks and Education

Education (Greek '*paideia*', from *pais* (gen. *paidos*) "child") in the culture of ancient Greece (Athens and most of other Greek city-states, except for Sparta) referred to the rearing and education of children.
The practical aspects of this education included: liberal arts and scientific subjects like grammar, rhetoric, arithmetic, medicine, philosophy, etc.; training in gymnastics and wrestling; and the study of music and poetry.
The main aim was to train the body and the mind of the ancient Greeks so that they build and sustain a good body along with an excellent moral character to serve their city-state (polis) as a good and beneficial citizen.

Heraclitus reflects: 'Much learning does not teach understanding'.

The poems of Orpheus, the epic poems of Homer (Iliad and Odyssey), and the works of Hesiod (Theogony, Works and Days and Shield of Hercules), all being the first Western educational texts, were the standard texts for young children. This approach to the rearing of a well-rounded Greek male was common to the Greek-speaking world, with the exception of Sparta.

In **Sparta** a rigid and militaristic form of rigorous education and training regimen known as the agoge (Greek 'agoge', 'a leading', from agein 'to lead') was practiced for all male Spartans.

This training involved learning how to steal, cultivating loyalty to the Spartan group, military training in arms, combat, pain tolerance, etc., hunting, dancing, singing and learning how to communicate in a social context.
The aim of the Spartan education system was to produce physically and morally strong males to serve in the Spartan army; and likewise for the females to give birth to capable warriors. Lycourgos, the wise ruler of Sparta, considered education to be the most important task of a state's lawmakers.

Pythagoras established the first known university in the 6th Century BC.
It was a school of philosophy that was more religious and mystical and was influenced by the teachings of the Orphic religious sect, but also with a strong scientific spirit.

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Some of his sayings related to education and its manifestations are: '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'; and
'Memory guards the things that we have learned';

Education today

Education and training are the life-long activities that start at birth and continue until a person's last day on this earth. Education and training can be formal, non-formal, traditional, or not traditional, etc. But one thing is certain. Both education and training are time-consuming, continuous and very creative processes.

Their main purpose is to develop the capacities and skills of humans. Only through education and training one achieves the essential harmony in his (or her) life and enhances both his (or her) faith and reason. Very well educated and trained people have the capacities to understand better their positions as private and professional members of their local, professional and world community.

Education and training have a tremendous impact on the human society as a whole.

In fact, in almost all cases, societies and cultures, man becomes a rational animal when he is educated and trained. An uneducated and untrained person cannot read and write, cannot understand the world around him (or her) and therefore he (or she) is bereft of all knowledge and wisdom that he (or she) can get through education and training.

In today's fast-changing world, education and training have become more and more vital and they are considered an absolute necessity for the economic and social development of both a nation and its individual citizens.

The Seven Sages guide us: 'Teach and learn the best'.

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Quotations and stories on Education and its manifestations

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) by the Seven Sages as well as one **fable** by Aesop on Education and other related manifestations, are offered for your consideration next.

1. Guidance Quotations related to Knowledge

'Understand after you have heard what has occurred'; 'Be a seeker of wisdom'; 'It is best to know many things than to be ignorant'; 'It is difficult to foresee the future'; 'What has already happened is the only certain thing'; and 'Understand what has been achieved'.

2. Guidance Quotations related to Learning and Training

'Do not get tired of learning'; and 'Exercising is the best thing'.

3. Guidance Quotations related to Education of Children

'Educate your sons'; and 'Teach the young'.

4. Guidance Quotations related to Giving Advice

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

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5. Aesop's Fable on Education

I also find the following Fable by Aesop on Education quite relevant.

The Goose and the Swan:

'A rich man was growing a goose and a swan for different reasons. The goose was fed to become fat to be eaten and the swan was fed to sing. One dark night the rich man went out to fetch the goose so that he could slaughter it and eat it, but made a mistake and grabbed the swan instead. The swan, realizing what would happen to her, started singing; this way she averted her sure death'.

The meaning of this story, to me at least, is that educating yourself and learning a skill or a trade will prove beneficial in your life.

Conclusion

In closing, my **two favourite quotations** by the Seven Sages in this regard are**:**

First: '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'; and

Second: 'Ignorance is a painful thing';

They are simple catch-phrases, easy to remember and easy to communicate to others and full of meaning without being dogmatic in any formal religious sense. When recalled, silently or not, they can permeate your thoughts and soothe your inner psyche (soul).

They do not need an altar or other religious building to be exercised or uttered. They can be recalled anywhere: in your work, when you travel, when you listen to music, when you read a book, when you drink a cup of coffee or tea, when you walk up a mountain, when you look at a beautiful forest or the blue sea.

Examining the ancient Greek ways of education, learning and knowledge acquisition, helps you, at the personal level, review, upgrade and improve your skills, your body and your mind so that you can traverse the difficult road of your life's journey to reach eternal satisfaction and happiness.

It does the same, I believe, to corporations and business organizations, as they are made up of human resources like you, and as such, need continuous review, monitoring and improvement to achieve better the goals of the business they manage or work for.

And as Pythagoras has said over 2,500 years ago: 'Many that have great Learning have no intellect'.

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Golden Rules on Education

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more spiritual and social way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Education**'.

Rule 1: Educate and train yourself continuously.

Rule 2: Educate and train your children and business associates.

Rule 3: Couple your professional training with education related to human aspects.

Rule 4: Learn and practice a craft, trade or other beneficial set of skills so that you are useful to yourself, your family and your community.

Rule 5: Spread knowledge and education to others by non-paid activities, like writing articles, blogging, coaching, volunteering your time to assisting non-privileged people, etc.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagoras** reflects in his 'Enigma 30':
'It is a crime to throw stones into fountains', meaning that you should not stop the flow of knowledge'.

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10 Managing your Family and Life Better

Overview

'Carrying out your daily activities better' is the ***seventh milestone of your personal discovery journey to a better life***. The pre-classical pieces of Greek wisdom (maxims, quotations, sayings and short story) and the proposed ***Golden Rules on Virtues of Life*** described in this chapter have the power to strengthen your aspects of managing your life to enable you to reach this final milestone more effectively and fully.

Introduction

Family, Conduct and Virtues of Life and their manifestations help people and corporations to bond together.

All of these help people and corporations to unite and bind together and enable them to function as integrated wholes, in Gestalt way, so that their members survive and prosper in the long run.

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The Seven Sages provide the guiding principles: 'Intend to get married'; 'Marry from your own social level because if the wife (or husband) is from a higher social level, you will acquire bosses, not relatives'; and 'Your wedding should be simple'.

Heraclitus reflects: 'To be temperate is the greatest virtue. Wisdom consists in speaking and acting the truth, giving heed to the nature of things'.

Pythagoras adds: 'Learn that Virtue is not merely an Ideal but is the Law of Life'; and 'Enigma 93: Leave the public ways; walk in unfrequented paths', meaning that you should live your own spiritual and not wordly life.

Ancient Greeks and Family, Conduct and Virtues of Life

Family life was quite organized in ancient Greece. Most homes in ancient Greece had a courtyard, which was the center of activity. In Athens, as in most Greek city-states, with the exception of Sparta, girls stayed at home until they were married. Like their mother, they could attend certain festivals, funerals, and visit neighbors for brief periods of time. Their job was to help their mother, and to help in the fields, if necessary.

Music played an integral and universal role in the lives of ancient Greeks: from religious ceremonies and funerals to marriages, folk music, theater and reciting of epic poetry.

Children: Children could safely play outside in the warm climate.
When a child was born to ancient Greek family, a naked father carried his child, in a ritual dance, around the household. Friends and relatives sent gifts. The family decorated the doorway of their home with a wreath of olives (for a boy) or a wreath of wool (for a girl).

Marriages: Marriages were arranged by the parents of the intended bride and groom. A financial arrangement was made between the families in the form of a dowry. Girls married between the ages of fourteen to eighteen, while typically men married in their twenties or even thirties.

Pythagoras advises:
'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'; and
'Man and woman are equal in dignity before God';

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Family, Conduct and Virtues of Life today

We are social animals. Man has learnt from very old times to live in communities and groups with other people. His family, however, is the group that provides a safe life full of love and security. Family is very important part of our everyday life. It helps us in improving our personality. It also helps us in shaping our life. It teaches us the value of love, affection, care, truthfulness and self-confidence and provides us tools and suggestions which are necessary to get success in life. Family is a place where you can be yourself. It is a place where you are accepted for what you are. This is where you are completely tension free and everyone is there to help you. Family encourages you when you are surrounded by problems. It helps you survive through tough times and bring joy and happiness into life.

Today, most people don't realize the importance of family. They prefer to spend most of their time with their friends. But when they are surrounded by problems, it was their family that helped them get rid of problems. At the time, when even our best friends refuse to help us, it was our family that came to help us. So it is very important for each and every individual to give importance to their families above anything else and enjoy spending time with family members.

Pythagoras reflects in his 'Golden Verse 4': 'Honor likewise your parents and those most nearly related to you'; and in his 'Enigma 36': 'Do not approach gold in order to gain children', meaning that you should not marry for money;

Quotations and stories on Family, Conduct and Virtues of Life

More **guidance** in terms of **sayings, maxims and quotations** (quotations for short) by the Seven Sages as well as one **fable** by Aesop on Family, Conduct and Virtues of Life and their related manifestations, are offered for your consideration next.

1. Guidance Quotations related to Aging

'Accept old age. Respect the elders'. 'Do not be discontented by life'. 'Pursue the means, while young, for a plentiful life, and wisdom, when you reach old age'.

2. Guidance Quotations related to Death

'Think as a mortal'. 'Do not make fun of the dead'. 'Do not wrong the dead'. 'Grieve for nobody'. 'Bless the dead person'. 'While you live, they should praise you, when you die, they should speak well for you'.

3. Guidance Quotations related to Health

'When you drink alcohol, do not talk too much, you will make mistakes'. 'Maintain your body and mind in good order'.

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4. Guidance Quotations related to Pleasure

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

5. Guidance Quotations related to Family

'Honor your family'. 'Love the people you feed'. 'Be kind to your own people'. 'Govern and protect your family'.

6. Guidance Quotations related to Children

'Do not curse your sons'. 'Whatever care you provide for your parents, the same you should expect to receive when you reach old age, by your children'.

7. Guidance Quotations related to Parents

'Do not get tired in flattering and speaking well to your parents'. 'Take care to make yourself worthy of your parents'.

8. Guidance Quotations related to Tolerance

Do not suspect anyone'. 'Be jealous of no one'. 'Do not laugh aloud when a man mocks others, because you will draw upon yourself the hate of those who are been mocked'.

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9. Aesop's Fable on Family

I also find the following Fable by Aesop on Family quite relevant.

'The Master and His Dogs':

'A certain man, detained by a storm in his country house, first of all killed his sheep, and then his goats, for the maintenance of his household. The storm still continuing, he was obliged to slaughter his yoke oxen for food. On seeing this, his Dogs took counsel together, and said, "It is time for us to be off, for if the master spare not his oxen, who work for his gain, how can we expect him to spare us?'"

The meaning of this is that if a person mistreats his own family he is not to be trusted as a friend.

Conclusion

In closing, my **two favourite quotations** in this regard, by the Seven Sages, are:
First: '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'.
Second: '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'.

Examining the ancient Greek ways of organizing your family and exercising your conduct and virtues during your personal life and business activities, helps you, at the personal level, monitor and get back to the right way to travel the difficult road of your life's journey to reach peace and happiness. It does the same, I believe, to corporations and business organizations, as they are more or less extended families made up of people, and as such, need better to nourish, maintain and re-orient themselves to reach their business goals.

Pythagoras recommends: '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';

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Golden Rules on Family, Conduct and Virtues of Life

Studying and pondering what is contained (thoughts, story, maxims, quotations and sayings of pre-classical ancient Greeks) in this chapter, you can improve, inspire and sustain your life in a more spiritual and social way. To help you along this way I have distilled, compiled, used and proposing to you to consider the relevance and potential use of the following '**Golden Rules on Family, Conduct and Virtues of Life**'.

Rule 1: Give your family life and business activities your top priority and highest support.

Rule 2: Provide positive and inspiring examples of behavior for both your family members and business associates to follow.

Rule 3: Keep your life in harmonic balance but both enjoying its benefits and withstanding its rigors and adversities.

Rule 4: Be resilient by practicing your high moral values at all levels and by planning for disasters at your business level.

Practice has shown that these rules are bound to strengthen your spiritual, mental, emotional and social fitness and health. Incorporating them into your daily ritual, among other benefits, can inspire and motivate you to reach your potential. They have the power to change, improve and enrich your life.

As **Pythagoras** advises: 'The first task of the married couple is to live a happy, balanced life by following the rules of health, avoiding overfeeding, alcohol drinking and bad habits'.

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11 Pre-Classical Ancient Greek Influence

Overview

This chapter summarizes the influence of Pre-classical Ancient Greek Thinkers to the World, like the Seven Sages (Thales, Pittacos, Bias, Solon, Cleovoulos, Periandros, and Chilon), as well as Aesop, Heraclitus, Hesiod, Homer and Pythagoras.

Introduction

As is well accepted, *Ancient Greek Culture* was the birthplace of Western civilization about 4000 years ago. Ancient Greece produced many magnificent achievements in areas of government, science, democracy, governance, law, ethics, the Alphabet, libraries, the Olympics, theaters, drama, tragedy, comedy, mathematics, architecture, mythology, poetry, literature, history, lighthouses, psychology, medicine, linguistics, philosophy and the arts that still influence and impact our lives.

These influences are well recorded by various western thinkers all over the world. Noted intellectuals like Aquinas, Hobbes, Descartes, Mill, Nietzsche, Freud, Carl Jung, Kant, and Rousseau, and others (e.g., Károly (Carl, Karl) Kerényi, etc.), were greatly impacted by the works of the ancient Greeks.

In terms of what this book is dealing with, let us all remember the most crucial points of the legacy of these most important ancient Greek philosophers and thinkers. To aid you in this I am summarizing the thoughts and impact of each major pre-classical ancient Greek contributor to the western culture and traditions, in addition to the maxims and quotations they left us as detailed in each chapter in this book.

Influence of Ancient Greek Thinkers

THE SEVEN SAGES (of ancient Greece) or Seven Wise Men was the title given by ancient Greek cultural tradition to seven early 6th century B.C. philosophers, poets, rulers, statesmen and law-makers who were renowned in the following centuries for their wisdom, and which is still valid today.

These were: Thales, Pittacos, Bias, Solon, Cleovoulos, Periandros, and Chilon. They lived in ancient Greece over 600 years B.C. and before the advent of the classical Greek philosophers, like Socrates, Plato, Aristotle, etc.
The 147 maxims of the Oracle at Delphi (Maxims of Delphi), the most famous religious location of Greece for over 1000 years were made up of very brief quotations (two to five words) full of wisdom and moral values. The subject matter they deal with varies from religious faith, to obedience to law, how to treat friends, how to behave in a just manner, education, country, way of life, happiness, etc.

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These maxims, 147 in total, were inscribed in the frontal columns at the temple of the god Apollo, at the Oracle of Delphi. They were copied on single marble tablets and were transported to all parts of the Ancient Greek World, as the writing on paper or on parchment was not known at the time.
Most, if not all, of these maxims (e.g., 'Follow God', 'Obey the law', 'Worship God', 'Respect your parents', etc.) have been attributed to these sages.
Aristotle esteemed the wisdom of Bias. So did Plato who praises Bias, and Pittacos. Heraclitus had a very high respect for Bias and Pittacos. Also Plutarch, in his famous 'Dinner of the seven sages', refers to all seven sages with the highest remarks.

Their maxims and quotations set the background for the development of the classical Greek philosophy.

And as Professor Richard P. Martin added in 1998, 'The seven sages had three common characteristics: they wrote poetry (prose had not yet been invented), they were involved in politics (many in fact held high office), and they were "Performers of Wisdom," that is, they did things publicly that demonstrated their knowledge to others'.
And as the great Friedrich Nietzsche concludes: 'The first philosophical event in the Greek world, the selection of their seven sages, gives the first distinctive and unforgettable characteristic of Greek civilization. Other people have saints, while the Greeks have philosophers. They are right when some state that a people is not defined by its great men it has but by the way it recognizes and honors them'.

AESOP, through his famous fables, made all human values and ideas popular and known all over the ancient Greek world. These pertained to self-knowledge, patience, insistence, friendship and love towards others, truth, harmony between people, reason, wisdom, goodness, kindness, etc.
Witness the number of books on Aesop sold all over the world. Also several of his fables are taught and are made theatrical plays which are performed in American elementary schools as well as other schools all over the world (e.g. U.K., etc.).

HERACLITUS postulated a model of nature and the universe which created the framework for all other speculation on physics and metaphysics. His concept of the universe being in constant change and that there is an underlying order or reason to this change – the Logos – form the essential foundation of the European world view also embraced by Western society.

Every activity in life, in science, in religion, in economics, in society, in politics, etc., and to some extent everything you do in your life originates with Heraclitus's speculations on continuous change and the Logos.

In the sixth century BC, 25 centuries before Einstein, Heraclitus declared that energy is the essence of matter, that everything becomes energy in flux, in relativity. He said: 'There is an exchange of all things for fire and of fire for all things'.

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When Einstein demonstrated that mass and energy can by interchanged, and are thus equivalent, he demonstrated that matter and change are equivalent. That is to say, the stuff of things is change, and conversely, change is the stuff of things. This sounds remarkably like what Heraclitus said 2500 years earlier.

His lost great book, *On Nature*, the world's first coherent philosophical treatise and reference for Plato, Aristotle, and the Stoics, has long been lost to history. Its surviving fragments, however, have, for thousands of years, provoked and challenged our greatest thinkers, from Montaigne to Nietzsche, Heidegger, Hegel to Jung, Alfred North Whitehead to Ralph Waldo Emerson, Marx to Sartre, the Christian Church and even Sufism.

HOMER likely lived in the 8th century BC. His literary works The Iliad and The Odyssey were exceedingly influential in the ancient world and largely formed the foundation of the Greek, secular and Western world view. The Iliad and The Odyssey taken together communicate that man is a being of both mind and body – and that given this fact he must act in a certain way, he must live up to his nature and not shrink from it.

Specifically, man must have inner strength and outer strength. Inner strength means man must use his intelligence and value his mind; he must also have the ability to keep his blind inner passions or emotions in check to avoid recklessness. Outer strength means that man must be able to effectively fight to achieve and / or protect his values, especially kleos ("glory" won through great deeds).

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Many of the virtues presented in Homer's works – reason, intelligence, worldliness, secularism, courage, honor, integrity and restraint – became pervasive throughout much of Ancient Greek culture. The result was the birth and development of the fields of philosophy, science, history, drama, medicine, art and more – advances that form the basis of our Western, advanced civilization.

ORPHEUS influenced almost all ancient Greek thinkers as well as several modern writers, such as: Margaret Atwood, Rainer Maria Rilke, Adrienne Rich, Seamus Heany, Sarah Ruhl, and others (e.g., Carlos Diegues, also known as Cacá Diegues, the Brazilian film director, Sufism thinking, etc.).

PYTHAGORAS founded a society of disciples in which men and women were treated equally – an unusual thing at the time – and all property was held in common. Members of the society practiced the master's teachings, a religion the tenets of which included mathematics, theory on cosmos and the holiness of numbers, the transmigration of souls, harmony, management of self, drinking only water and no alcohol, and the simple vegetarian diet.

He also described and taught the three requisites of good governance to be:
Justice, economy, and enforcement of law. Justice to be expressed by the rulers being equal in all things to the citizens, and surpass them in nothing else than justice;
Economy to be expressed in applying the principle of good order in cities and households and in avoiding luxury, avarice and greed in both states and houses; and
Enforcement of law to be expressed, primarily, by applying the state's laws equally to all people, rulers obeying the law of their state, and rulers extending their power to provide excellence, concord, harmony and rhythm to all beings and their community.

He also argued that friendship is of Divine origin and in its universality is triangular: Friendship of God for all creatures, Friendship of all creatures for God, and the Friendship of all creatures for one another. Also associating with others and friendship had the highest value as they mirrored eternal love.

Are these relevant today? Yes they are. As a small example:

From Bertrand Russell, we have 'It is to this gentleman that we owe pure mathematics. The contemplative ideal – since it led to pure mathematics – was the source of a useful activity. This increased it's prestige and gave it a success in theology, in ethics, and in philosophy'. Also 'The whole conception of an eternal world, revealed to the intellect but not to the senses, is derived from Pythagoras. But for him, Christians would not have thought of Christ as the Word [logos of John's Gospel]; but for him, theologians would not have sought logical proofs of God and immortality'.

Carl B Boyer, the famous historian of mathematics, noted the unique interplay of mathematics and religion in the ideas developed by the Pythagoreans: 'Never before or since has mathematics played so large a role in life and religion as it did among the Pythagoreans'.

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Pythagoras was the first to insist that philosophy needs to be a daily way of life: his students, who lived in a philosophical commune, followed a strict daily regime, designed to free their divine souls from their mortal bodies and secure a good reincarnation. The Pythagorean way of life included memorization, repetition and incantation exercises. Are these techniques useful to us?

Pythagoras had a profound grasp of the human psyche. He and his followers understood that humans are not entirely rational. There is a large part of our psyche that is irrational and automatic. So if we want our philosophy to really sink in, we need to soak our minds in it, so that it guides both the rational and irrational parts of our psyche. Otherwise our pre-rational cortex may be very wise and philosophical, while the other 95% of us will carry on happily living as before. We need to repeat our philosophical principles until they become habits. This is done through repetition and memorization. They created the maxims which made it easy for people to repeat, remember and store ethics in a very condense form.

Pythagoras suggested that the spoken or sung word had a magical effect over our psyches. He suggested that our psyches respond to everything we think, say or sing. Usually this influence happens unconsciously. But we can consciously mould our souls by saying or singing ideas to ourselves? Yes. He suggested the irrational-emotional part of our psyche responds particularly to music.

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Like Orpheus, Pythagoras was supposed to be able to tame wild beasts with his voice. Likewise, we can tame our own passions through singing and music. Many religious traditions use this technique. When Christians gather in a church and sing hymns and psalms, they're bonding as a unit, they're celebrating their faith in God. But they're also repeating ideas and maxims to music, and allowing them to really sink into their automatic-emotive minds. Write a book, you might connect with a few people. Write a catchy song that sticks in people's head, then you can *really* spread your ideas.

Is there a scientific evidence base for these memorization, repetition and incantation techniques?
There is indeed, particularly in Cognitive Behavioural Therapy (CBT[76]).

The technics of Pythagoras (memorization) and Stoicism (meditation, visualization, etc.) were used effectively by a young fighter pilot James Stockdale and helped him to survive seven years of imprisonment and torture in the Vietnam War.
Also the secret society or brotherhood of Pythagoras had a great effect on later esoteric traditions such as **Freemasonry**.

Are all these relevant to you in your specific family, social, cultural, business, economic and religious environment you live in and the dynamic interactions and trends of the 21st century landscape that affect you?

Please consider how our life and all its expressions would be without the ancient Greek contributions. But, lately, things have gone wrong. Our society, people and businesses, have lost their real purpose and target. The rich are getting richer and there are over 650,000 people living on the streets in the U.S. alone, the most wealthy and powerful nation on this earth! Several world regions are still in flames, the earth's climate is suffering from over consumerism, diseases are increasing in several third world regions, terrorist acts are still going on without a permanent solution in sight, etc.

The principles of philosophy for the betterment of both individuals and organizations are not put to good use. Organizations strive for happiness at the financial level, in most cases. This is why we are having more and more cases of corporate frauds and abuse of societal resources, at the level of public organizations and private companies, and increased violence, psychological problems and unhappiness at the personal level of individuals.

Where is the solidarity, altruism and social cohesion, harmony, peace, virtue, mutual understanding gone?

Technology and all other developments have forgotten, in most cases, our psyche (mind).

But *homo sapiens* is made up of three components: body, mind (Greek nous=intellect) and soul (Greek psyche). And our well-being is depended on finding a working balance between our three components.

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That's where philosophy steps in. As philosophy nourishes our psyche (soul) it becomes most important. And as the world problems are not being tackled and resolved to any level of satisfaction, we have to go back.

Back to the basic principles of pre-classical ancient Greek philosophy so that we attain the proper virtues and to bring values, order and balance in our personal life, our business organizations, and our society. This is the only way so that we can all travel the difficult road to a better world.

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12 Epilogue

Overview

This chapter presents my concluding remarks, in terms of my favorite quotations on 'Friendship', by Pythagoras and 'How to live', by Orpheus and my proposed Action Plan for a More Balanced Life, which, in effect, **summarizes and integrates** the individual sets of rules outlined in chapters 2 to 10 that relate to improving your life in each particular area: Connecting to the Supreme Being, Friendship, Goodness, Harmony, etc.

My Favorite Quotations

BY STUDYING and considering what is contained in the above listed works, maxims and sayings of pre-classical ancient Greeks (as described in the detail chapters), I have selected as my most favorite quotations the following two sets.

SET ONE. Quotations on Friendship by Pythagoras

1. A friend is more necessary than fire and water.
2. Choose for your friends those who will speak their mind.
3. True friends correct a fault as well as commend a virtue.
4. Put not your confidence in all men, but those that are worthy.
5. To find a friend in prosperity is easy; but in adversity is the most difficult of things.
6. Give no man your perfect confidence until you have proved him worthy.
7. Honor pour friend's wife and love his children, and guard his honor, as you would your own.

SET TWO. Quotations on 'How to live' by Orpheus

1. Kill not your fellow man.
2. Be merciful to all creatures.
3. Be pure and chaste (morally upright in conduct and abstaining from unlawful sexual intercourse).
4. Be truthful.
5. Be just to all men.
6. Be temperate to all things.
7. Be hospitable to strangers.

Ten Golden Actions Plan

This **plan,** Action Plan for a More Balanced Life, in effect, **summarizes and integrates** the individual sets of rules outlined in chapters 2 to 10 that relate to improving your life in each particular area: Connecting to the Supreme Being, Friendship, Goodness, Harmony, etc.

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Action Plan: Ten Golden Actions for a More Balanced Life

***Golden Action 1: Faith.** Respect religious ideas and beliefs; Have faith and trust in both the Supreme Being and your people; and meditate and pray to seek inner tranquility.
Let's remember some of the ancient Greek sayings in this regard.
First: 'Follow God', by the **Seven Sages** inscribed in marble at the Oracle of Delphi;
Second: 'God embraces all and actuates all, and is but One. All life is one, and God is one', by **Pythagoras**; and
Third: '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', by **Heraclitus**.

More quotations and details on how **practicing spiritual connecting** may improve the spiritual fitness of your personal, family and business life, are included in '*Chapter 2: Connecting to The Supreme Being*'.

***Golden Action 2: Protection.** Protect your person, your relationships, your family, your community, your beliefs and religion, your country, the environment, and others less fortunate or less intelligent than you.
Let's remember some of the ancient Greek sayings in this regard.
First: 'We should fight for our laws in the same way that we fight for our country', by **Heraclitus**.

More quotations and details on how **practicing protection** may improve the social fitness of your personal, family and business life, are included in '*Chapter 3: Improving your Governance and Law aspects*'.

***Golden Action 3: Governance.** Practice and pursue fairness and democracy in your personal affairs, family activities, holding a public office and managing a business; manage your wealth without greed; and defend and protect your country's laws and business moral regulations and practices.
Let's remember some of the ancient Greek sayings in this regard.
First: 'Even the worst government is better than anarchy', by **Aesop**;
Second: 'Good government can be firmly effected if the rulers are equal in all things to the citizens, and surpass them in nothing else than justice', by **Pythagoras**; and
Third: 'Acquire wealth in a just way', by the **Seven Sages**.

More quotations and details on how **relating better to others, learning to govern fairly and managing your finances without greed** may improve the social fitness of your personal, family and business life, are included in '*Chapter 3: Improving your Governance and Law aspects*' and '*Chapter 4: Managing your Wealth better*'.

***Golden Action 4: Justice.** Use justice and temperance and be fair in all your dealings.
Let's remember some of the ancient Greek sayings in this regard.

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First: 'Justice to be expressed by the rulers being equal in all things to the citizens, and surpass them in nothing else than justice', by **Pythagoras**; and
Second: 'Obey the law', by the **Seven Sages** inscribed in marble at the Oracle of Delphi.

More quotations and details on how **relating better to others with justice** may improve the social fitness of your personal, family and business life, are included in '*Chapter 3: Improving your Governance and Law aspects*'.

***Golden Action 5: Friendship.** Use friendliness and its manifestations of kindness, love, harmony, goodness, altruism, philanthropy, forgiveness and mercy in managing and improving your relationships. Let's remember some of the ancient Greek sayings by the Seven Sages in this regard.
First: 'Guard friendship'; and
Second: 'Remember your friends, both, when they are near you, as well as when they are far away'.

More quotations and details on how **practicing friendship, harmony, kindness and goodness** may improve the emotional and mental fitness of your personal, family and business life, are included in '*Chapter 5: Adding Friendship and Love to your life*', '*Chapter 6: Becoming more Harmonious and Peaceful*', and '*Chapter 7: Adding Goodness and Kindness to your life*'.

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***Golden Action 6: Self-Control.** Exercise your mind, body and soul to stay fit. Use reason and self-control techniques to manage your sentiments and passions so that you achieve a life of more harmony, balance and happiness in a better way.
Let's remember some of the ancient Greek sayings in this regard.
First: 'The utmost happiness is to be found in Peace of Mind', by **Pythagoras**; and
Second: 'Control yourself', by the **Seven Sages**, inscribed in marble at the Oracle of Delphi.

More quotations and details on how **practicing moderation, harmony and self-control** may improve the emotional and mental fitness of your personal, family and business life, are included in '*Chapter 6: Becoming more Harmonious and Peaceful', and 'Chapter 8: Managing yourself better'.*

***Golden Action 7: Moderation.** Use moderation and reason in managing all your activities and sustaining your life.
Let's remember some of the ancient Greek sayings in this regard.
First: 'Nothing in excess', by the **Seven Sages**; and
Second: 'Seek the true value of all things, and enjoy all gifts of God according to Measure', by **Pythagoras.**

More quotations and details on how **practicing moderation** may improve the emotional and mental fitness of your personal, family and business life, are included in '*Chapter 8: Managing yourself better'.*

***Golden Action 8: Truth**. Use, seek, pursue and promote truth.
Let's remember some of the ancient Greek sayings in this regard.
First: 'Do not lie but tell the truth', by the **Seven Sages.**

More quotations and details on how **practicing truth** may improve the emotional and mental fitness of your personal, family and business life, are included in '*Chapter 8: Managing yourself better'.*

***Golden Action 9: Education.** Educate yourself, your family and your business associates and coach others less advantaged or in need, so that all of you are becoming better.
Let's remember some of the ancient Greek sayings in this regard.
First: 'In science, we learn and judge not by any single hasty glance, but by the thorough examination of every detail', by **Pythagoras**.

More quotations and details on how **educating better yourself and others** may improve the emotional and mental fitness of your personal, family and business life, are included in '*Chapter 9: Improving your Education and Learning'.*

***Golden Action 10: Greater Benefit.** Promote the interests of your community or society over the interests of yourself and your business. Sacrifice your personal interest to defend and protect the older members of your family as well as your business and country.

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Let's remember some of the ancient Greek sayings in this regard.
Second: 'It is more preferable to offer forgiveness than exercise punishment', by **Heraclitus**.

More quotations and details on how **relating better to others and learning to govern fairly and supporting and committing to your family and company** may improve the social, emotional and family health and fitness of your personal, family and business life, are included in '*Chapter 3: Improving your Governance and Law aspects*' and '*Chapter 10: Managing your Family and Life better*'.

Living and working in different cultures and nations for over 35 years has taught me that there is definitely 'no only one solution' for all to follow blindly. The material in this book (ancient Greek maxims and quotations, my golden rules, recommendations in the action plan, etc.) are offered to you to reflect upon, consider, decide and amend to your purposes and possibly apply, if they suit you, to make your personal life better and improve your business activities.

This book offers you practical help that may transform, sustain better, manage and enrich your life. It is not a magic formula or happiness pill. It can support you when you wish consistently to build your inner strength, self-love and the deeply motivating feeling that you and your family truly deserve more friendship, love, goodness, kindness and great things in your own personal and family life.

The contents of this book have supported me and several others. They might as well work for you.

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14 Short Biography Of The Author

John Kyriazoglou obtained a certificate in computer programming and data processing from a technical college, in Hamilton, Canada, a B.A. (Honours) in Computer Science and with a minor in Economics from the University of Toronto, Canada, also earning the 1975 Scholastic award for Academic Excellence in Computer Science.

John has worked in Canada, Europe (England, Switzerland, Luxembourg, Greece, etc.) and the Middle East for over 35 years, as a Senior IT manager, IT auditor, Group EDP Internal Audit Manager and senior management consultant, in a variety of clients and projects, in both the private and the public sectors. Mr. Kyriazoglou has published over 20 articles in professional publications, has served in numerous scientific committees, is a member of ISACA, the Institute for Internal Controls, Inc. (U.S.A.), and other professional and cultural associations, and is giving courses on IT Auditing, Security and Electronic Crime Prevention.

Publications of John KYRIAZOGLOU

A. Published Books

A.1. Books in English

1. **Book 'IT Strategic & Operational Controls'**, 2010, IT Governance, U.K.
2. **Book 'Corporate Strategic & Operational Controls'**, 2012, The Institute for Internal Controls: www.theiic.org, (U.S.A.) with co-authors: Dr. F. Nasuti and Dr. C. Kyriazoglou.
3. **Book 'Business Management Controls: A Guide', 2012,** IT Governance U.K.
4. **Book 'Business Management Controls: Toolkit', 2012,** IT Governance U.K.
5. **Book 'Pearls of Wisdom the 7 Sages of Ancient Greece',** 2012, self-publication http://www.amazon.com
6. **Book 'IT-Business Alignment' (Parts 1 & 2),** 2012, bookboon.com.
7. **Book 'How to improve your company's performance',** 2013, bookboon.com.
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10. **Book: 'Pre-Classical Greek Wisdom For A Better Life'**, 2013, self-publication, http://www.smashwords.com/books/view/359434
11. **Book 'Ancient Greek Pearls of Wisdom for the 21st Century',** 2013, self-publication, https://www.createspace.com/4324169
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13. **Book 'Erato: Poems From the Heart',** 2013, self-publication, http://www.amazon.com

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A.2. Books in Spanish

1. **Book 'Controles estratégicos y operacionales de la TI',** 2013, IT Governance U.K.

A.3. Books in Greek

1. **Book 'EDP/IT Auditing'** (in Greek) published in 2001 by ANUBIS, Greece and listed in ISACA (U.S.A) web site: http://www.isaca.org/bookstore.
2. **Book 'Performance Measurement'**, published in 2005 by ION publishers, Greece (www.iwn.gr), and co-authored by Ms. Despina Politou.
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D. TRANSLATIONS

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2. Organization: The Risk Management Institute (England: 2007)
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