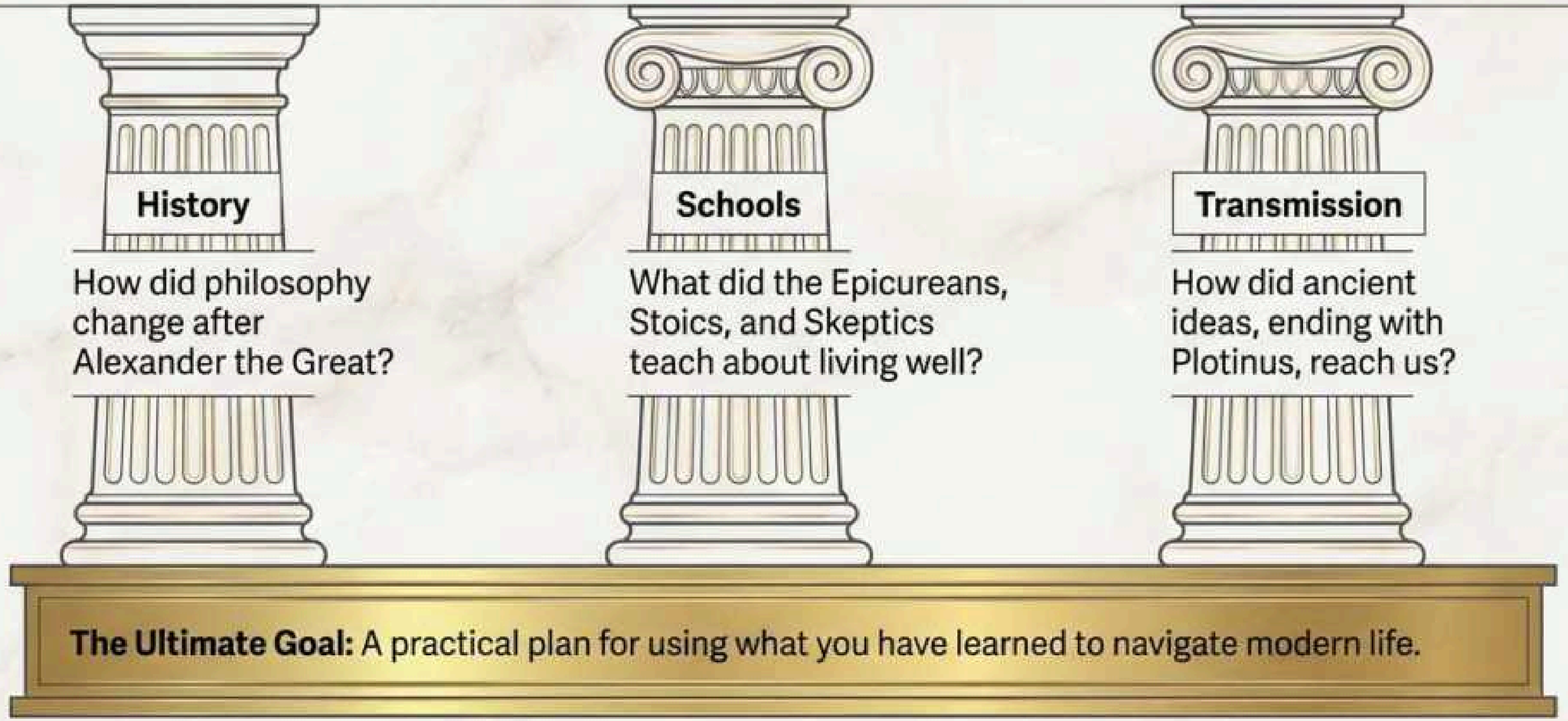
6.1

Three Questions Define the Hellenistic Era and Its Enduring Legacy



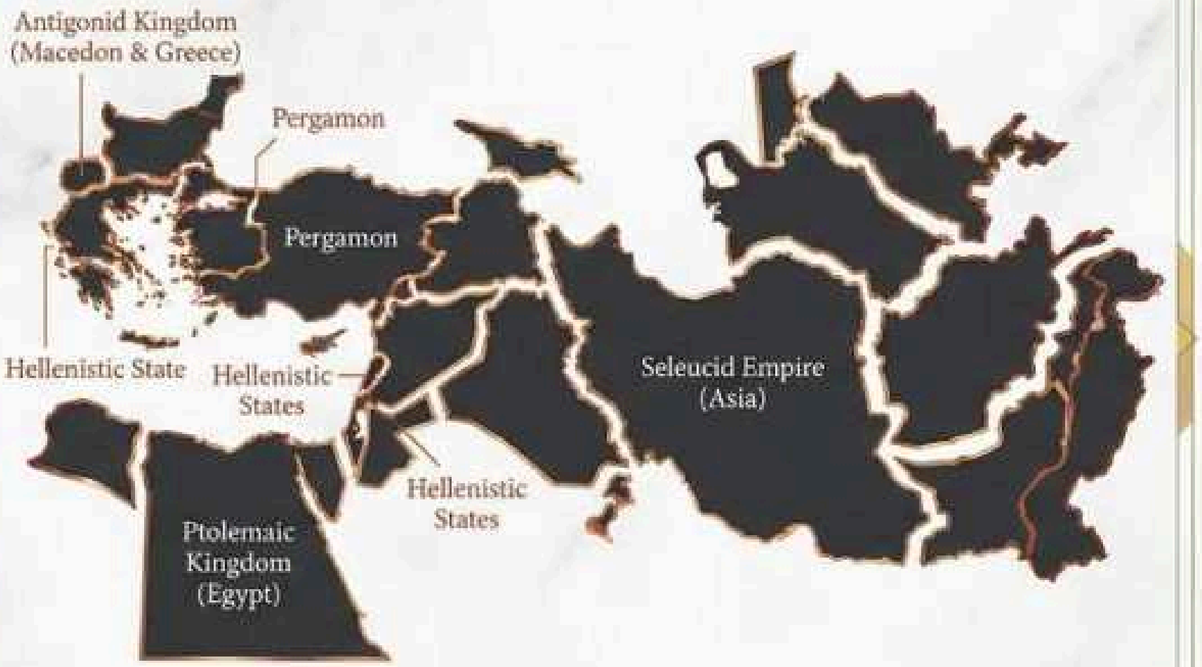
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6.2 Alexander's Death Fractures the Unified Greek World into Shards

Before 323 BCE: A Vast, Unified Empire from Greece to India



The Hellenistic Age: Fragmented Kingdoms Ruled by Generals

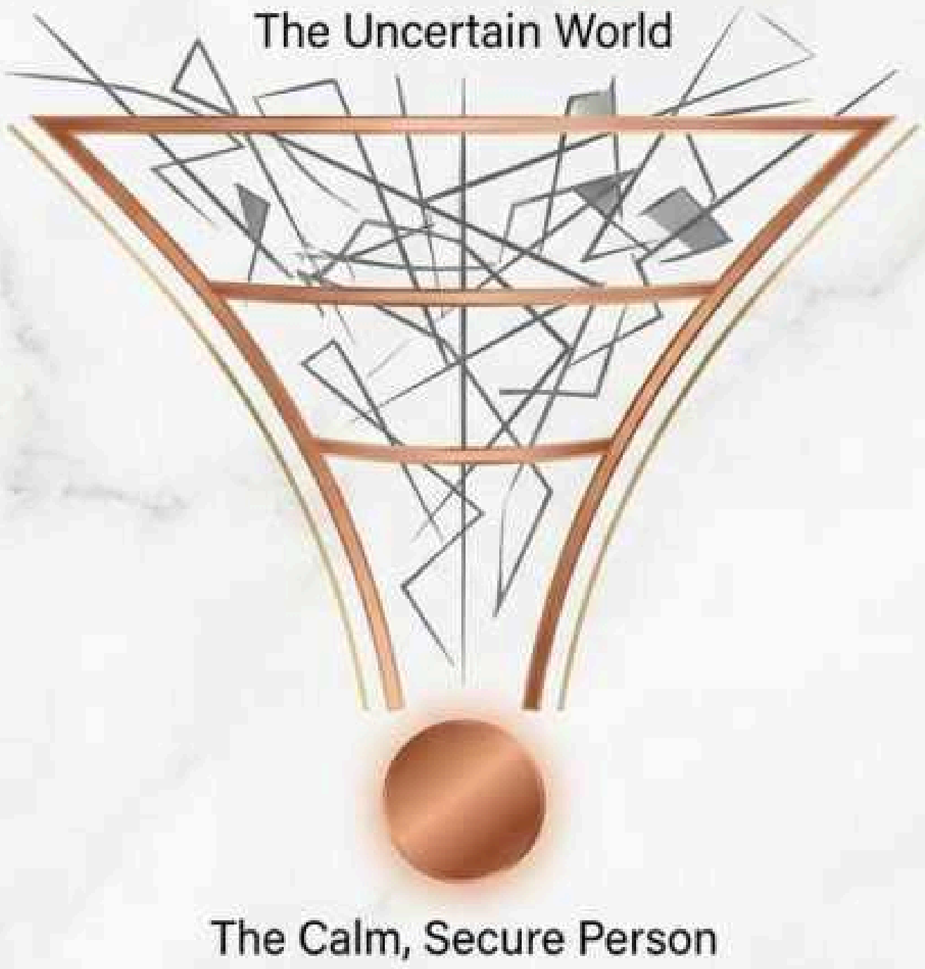


Loss of the Independent City-State → Rise of Large Monarchies → Individual Powerlessness

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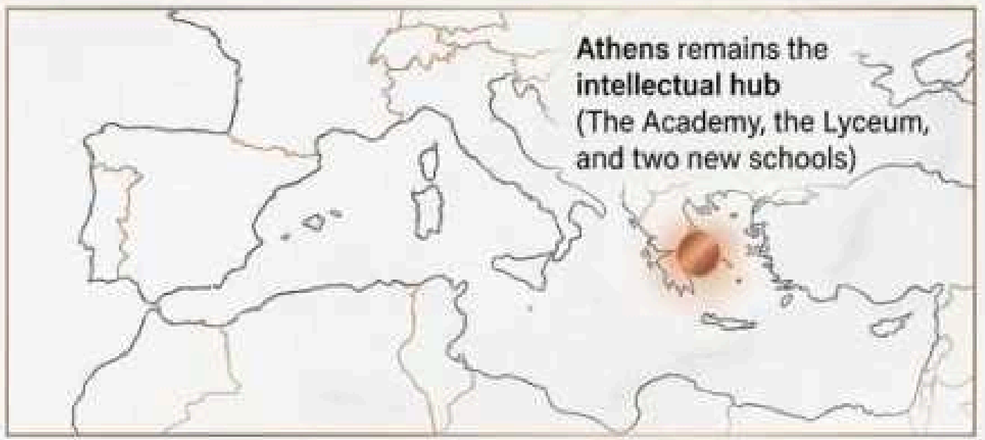
EXHIBIT
6.3

Philosophy Turns Inward to Secure the Individual Against an Uncertain World



The New Philosophical Purpose

Not abstract theory, but practical exercises for the mind offering relief from fear and anxiety.



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EXHIBIT
6.4

Epicureanism Redefines Pleasure as the Ultimate Absence of Disturbance

~~Pleasure = A Life of Feasting~~

Pleasure = Ataraxia



Founded by Epicurus (341-270 BCE) at The Garden in Athens, circa 306 BCE. Notable for radically welcoming men, women, and slaves.

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EXHIBIT 6.5

Epicurus Filters Human Desire to Prioritize Security Over Luxury



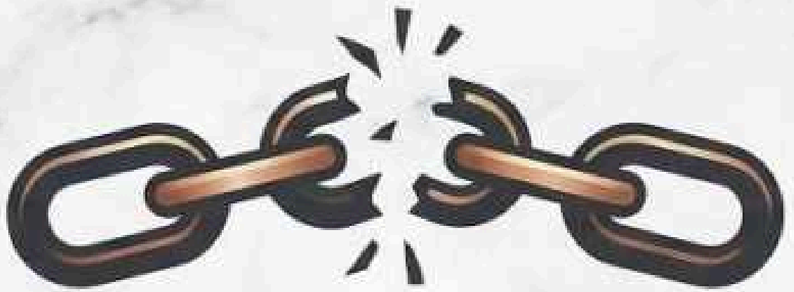
Friendship > Wealth

Live Unnoticed.

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EXHIBIT
6.6

Atomistic Physics Liberates the Mind from the Fear of Divine Intervention

Physics - Democritus	Psychological Result
	
• The soul is composed of atoms that scatter at death • Gods exist in untroubled bliss, entirely uncaring about humanity.	Nothing to fear from gods or death.

"Death is nothing to us, for when we are, death is not."

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EXHIBIT 6.7

The Tetrapharmakos Provides a Four-Part Medical Prescription for the Soul

1 Do not fear the gods.	2 Do not worry about death.
3 What is good is easy to get.	4 What is terrible is easy to endure.

~55 BCE — The Roman poet Lucretius codifies this physics in Latin literature via *On the Nature of Things*.

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EXHIBIT 6.8

The Stoic Lineage Evolves from Painted Colonnades to Propositional Logic

Zeno of Citium (334-262 BCE)

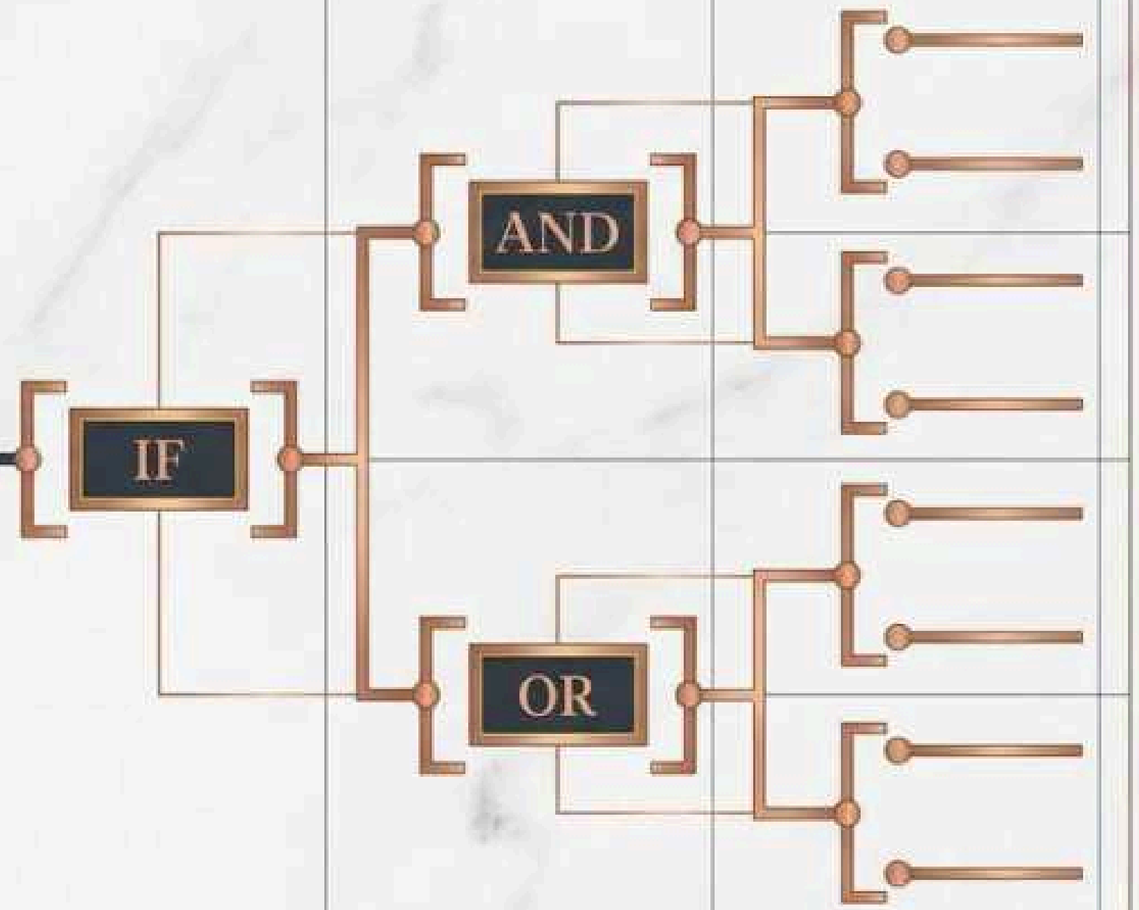
Teaches in the "Stoa" (painted colonnade) in Athens.

Cleanthes

Carries the school forward.

Chrysippus (280-207 BCE)

Systematizes the doctrine.



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EXHIBIT 6.9

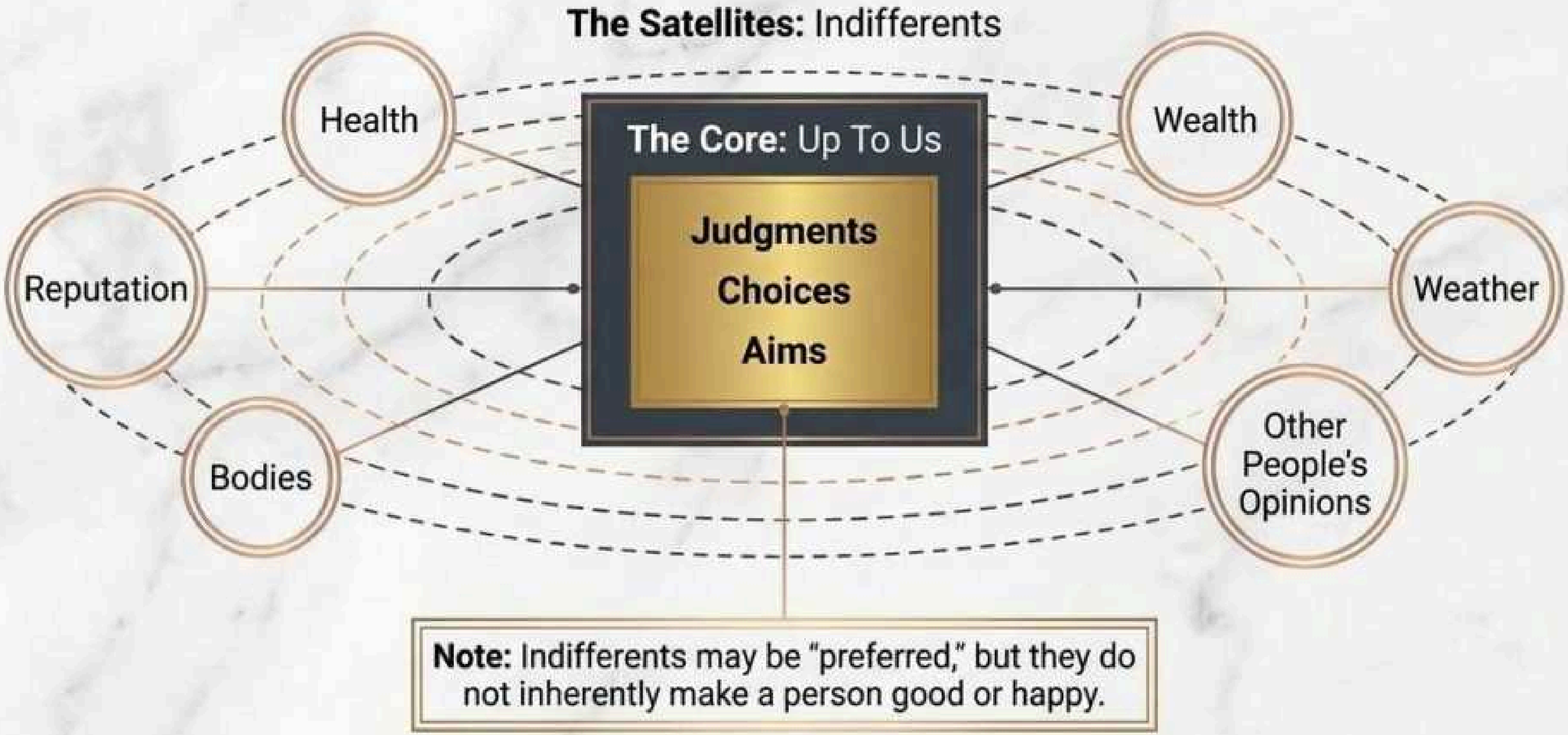
True Happiness Requires Aligning Human Reason with the Rational Universe



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EXHIBIT 6.10

The Dichotomy of Control Separates Intrinsic Choices from Extrinsic Indifferents



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EXHIBIT 6.11

Correcting Mistaken Judgments Cures the Mind of Harmful Passions



Believing an indifferent is inherently good or bad.

Rage, Fear.

Using reason.

Calm, Joy, Goodwill.



Because all humans share reason, we are Citizens of the World.

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EXHIBIT 6.12

Roman Stoicism Spans the Absolute Extremes of Imperial Social Hierarchy

The Statesman

Seneca (~4 BCE - 65 CE)

Playwright and political elite.
Forced to suicide by Nero.
Wrote letters on living well.

The Slave

Epictetus (~50 - 135 CE)

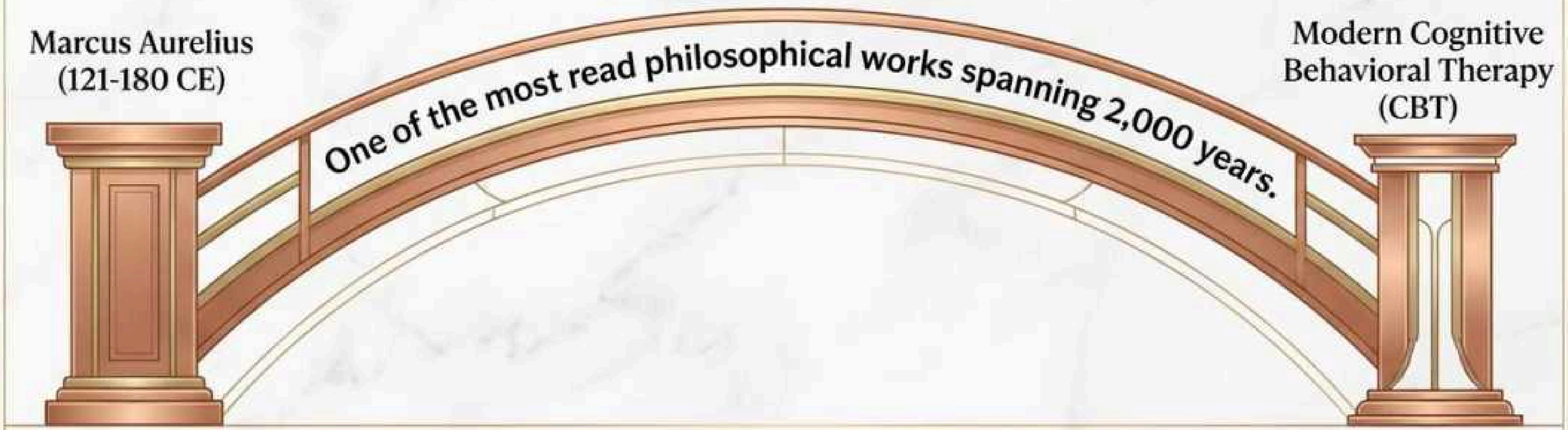
Born into slavery.
Taught the fundamental binary of what is up to us and what is not.

The philosophy functioned identically in palaces and in chains.

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EXHIBIT 6.13

An Emperor's Private Diary Bridges Ancient Endurance and Modern Therapy



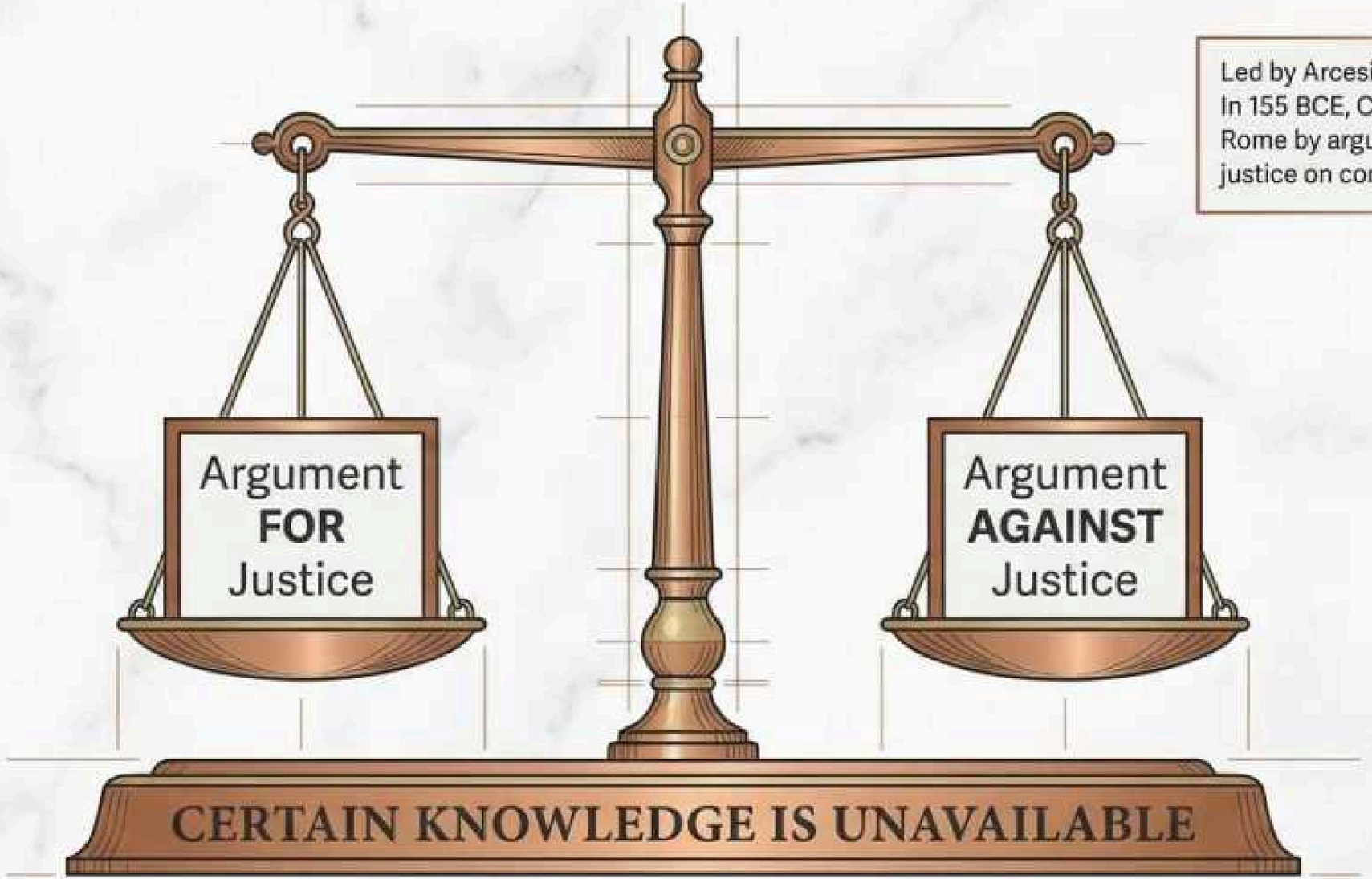
Roman Emperor. Wrote *Meditations* in Greek as private notes to act well, accept the unchangeable, and remember life's brevity.

Explicitly credits the Stoics as a foundational influence on modern mental health practices.

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EXHIBIT 6.14

Academic Skepticism Balances Opposing Arguments to Prove Knowledge is Unattainable

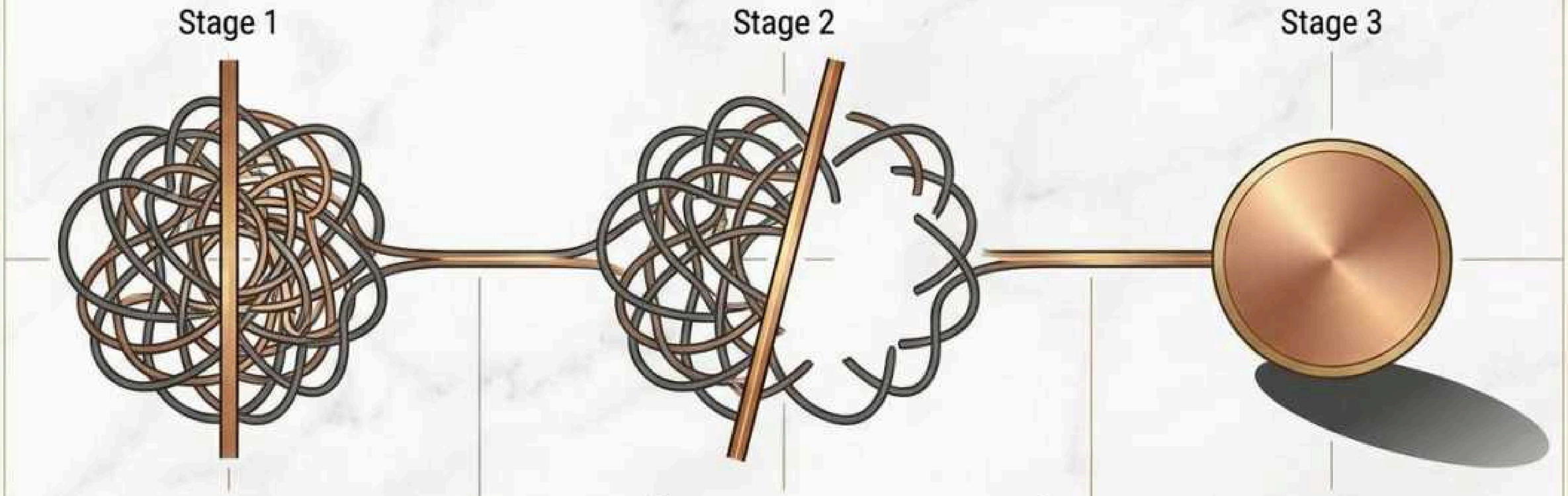


Led by Arcesilaus and Carneades. In 155 BCE, Carneades scandalized Rome by arguing opposite sides of justice on consecutive days.

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EXHIBIT 6.15

Suspending Judgment Releases the Tension of Certainty, Leaving a Shadow of Peace



Named for Pyrrho of Elis (360-270 BCE), who traveled to India with Alexander. The Pyrrhonians claimed peace follows epoche as a shadow follows a body.

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EXHIBIT 6.16

Ancient Medical Skepticism Lays the Empirical Foundation for Modern Philosophy

Approx. 200 CE



Sextus Empiricus (Physician)

"The same wine tastes different to different people."

Collected modes of ancient doubt.

16th Century

Rediscovery

Ancient empirical texts are rediscovered and circulated in Renaissance Europe.

Modernity

Montaigne | **Descartes**

Injects ancient skepticism into the dawn of modern thought.

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EXHIBIT
6.17

The Cynics Strip Away All Possessions to Reveal Self-Sufficient Virtue

Diogenes of Sinope
(412-323 BCE)

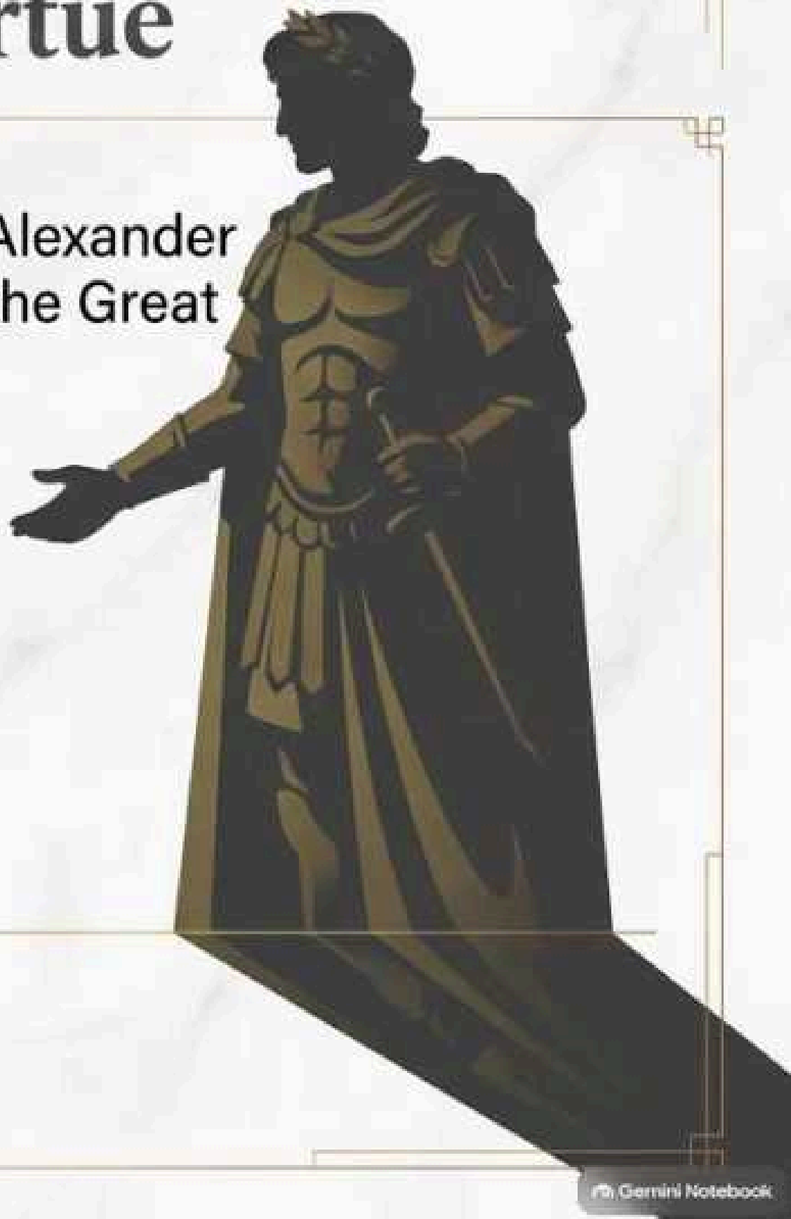


Virtue needs no books or possessions

Mocked social customs.

"Stand out of my sunlight."

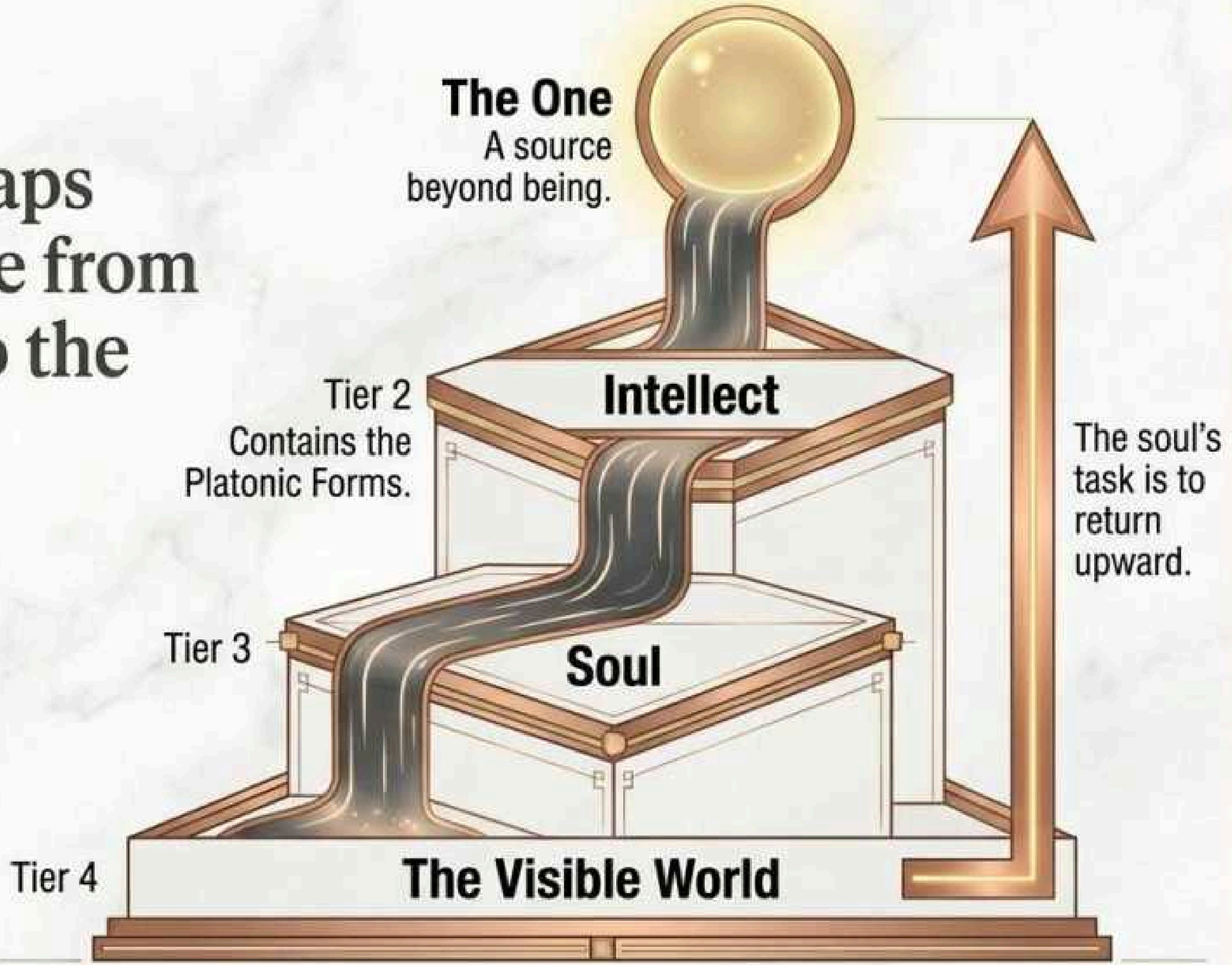
Alexander the Great



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EXHIBIT 6.18

Neoplatonism Maps a Cosmic Cascade from The One Down to the Visible World

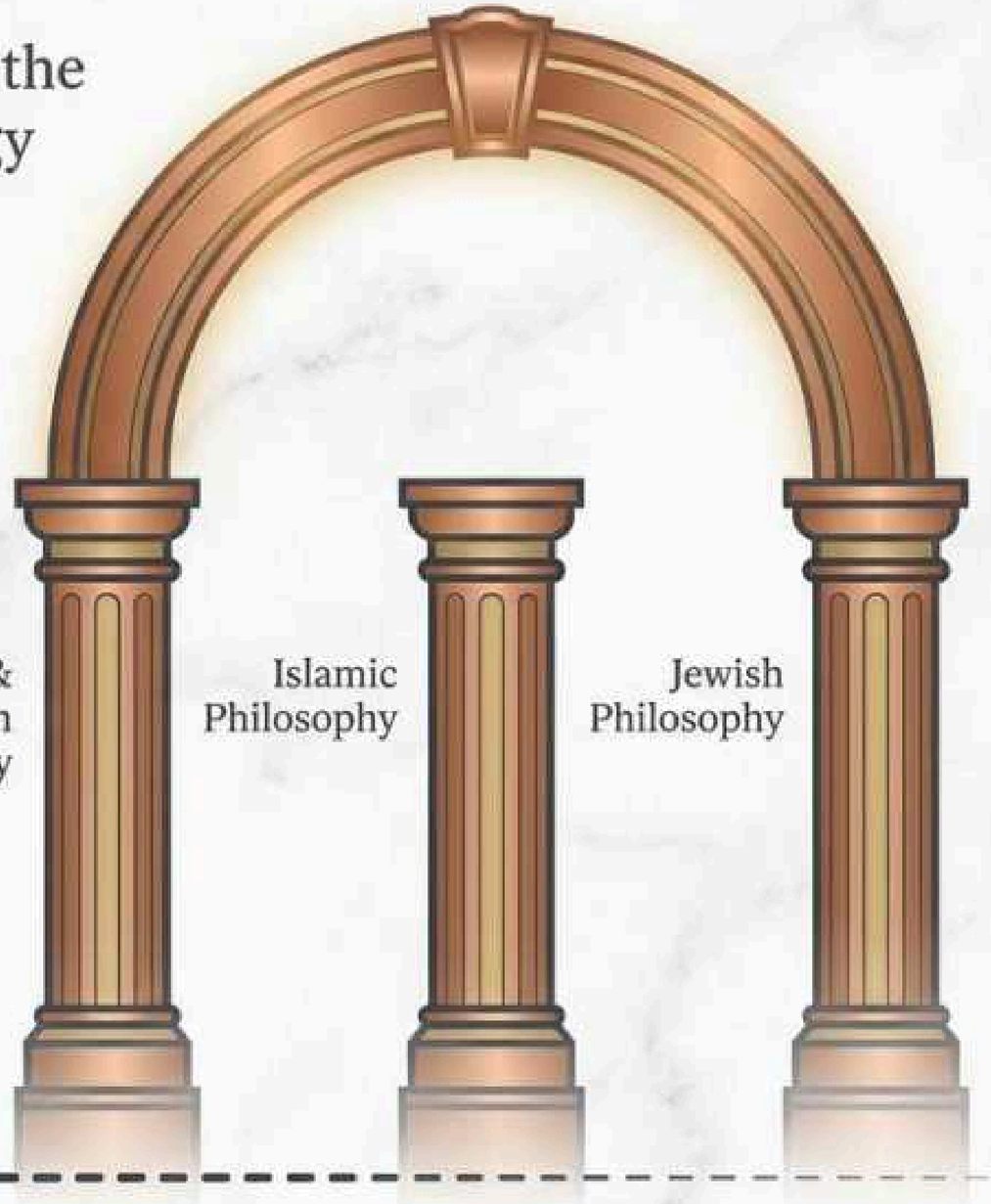


Plotinus (~204-270 CE) revived Plato in Rome with this model.

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EXHIBIT 6.19

The Ancient Schools Fade into the Foundations of Global Theology



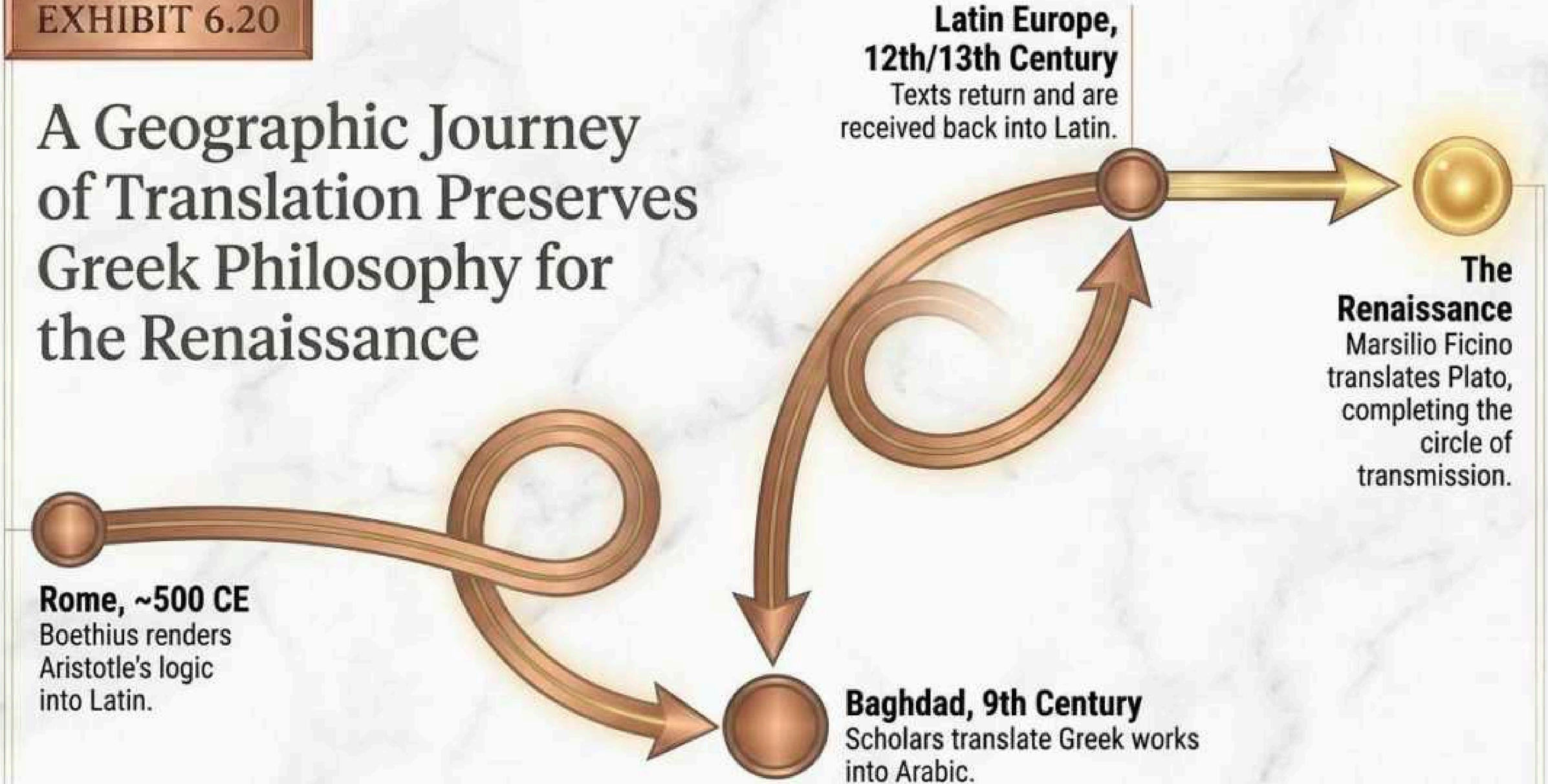
The Seed: Porphyry gathers Plotinus's essays as the Enneads

529 CE: Gradual closure of the Athenian Academy under Justinian

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EXHIBIT 6.20

A Geographic Journey of Translation Preserves Greek Philosophy for the Renaissance

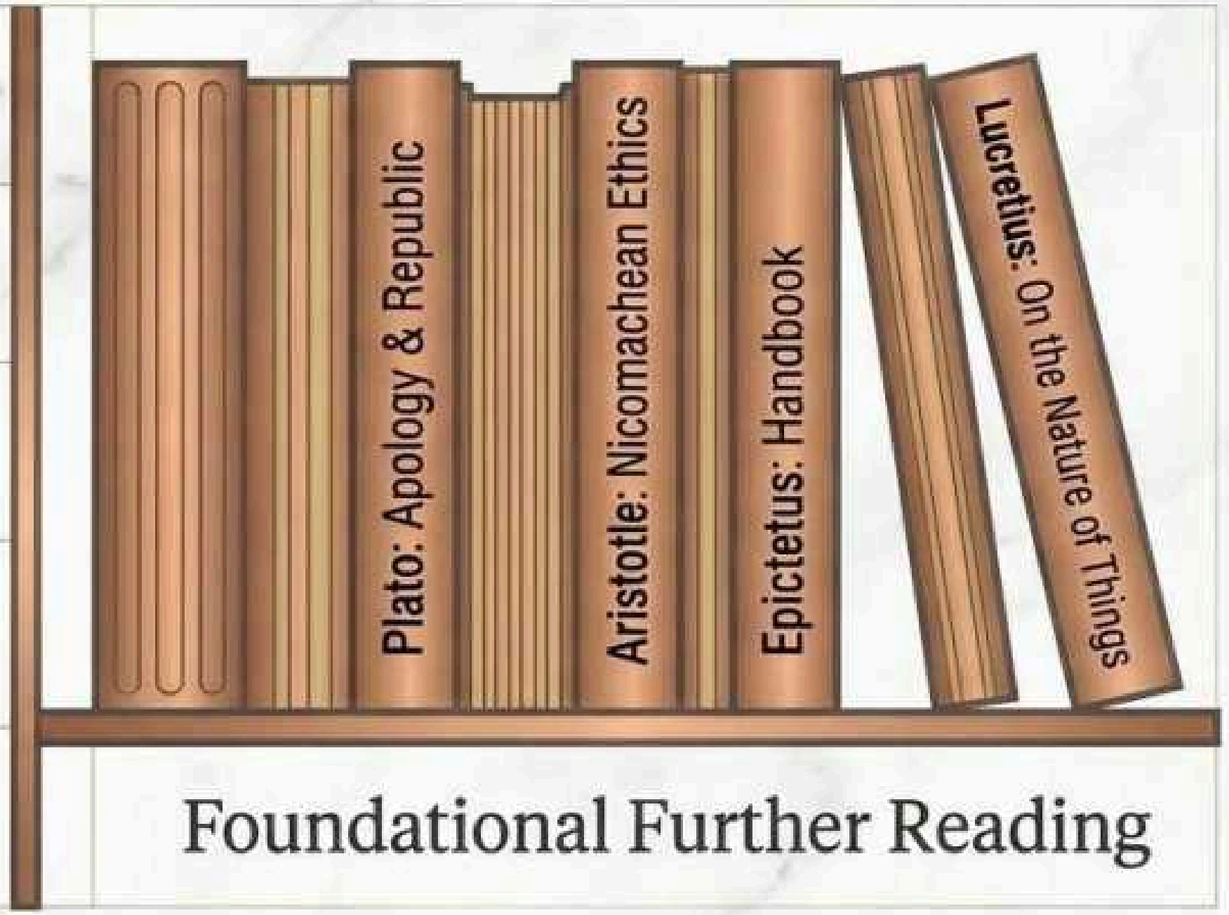


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EXHIBIT 6.21

Five Timeless Habits for Thinking

1	Ask what a claim means.
2	Ask for the reasons.
3	Test a definition against examples.
4	Distinguish what is up to you from what is not.
5	Lead an examined life.



Foundational Further Reading

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